

# KINC 231: MEN'S VARSITY SOCCER

## Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2021
Credits:	3
Total Contact Hours:	162
Lab Hours:	162
Hours Arranged:	0
Outside of Class Hours:	0
Strongly Recommended:	Advanced soccer skills to participate in a competitive collegiate experience.
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter, Pass/No Pass

## Catalog Course Description

Intercollegiate competition in men's varsity soccer. This course may be taken four times. 162 lab hours.

## Course Objectives

- understand the value of organic power and the biokinetics links needed to perform at a collegiate level of soccer
- demonstrate the skills necessary for enjoyment of the game of soccer
- demonstrate the ability to understand and apply concepts of group dynamics in attempting to reach a common athletic goal
- analyze and apply game strategies
- formulate a cardiovascular and strength program for competition

## Major Course Content

All lab content.

## Lab Content

Men's Varsity Soccer includes instructor guided practice and demonstration in the following content areas:

1. Individual Cardiovascular and Strength Programs that will Assist the Student in Intercollegiate Competition
  - a. Pre-season
  - b. Weight Training
  - c. Cardiovascular Circuit Training
2. Offensive Strategy
  - a. Attack formations
  - b. Distribution (movement w/o ball)
  - c. Transition
  - d. Penetration
  - e. Passing
  - f. Shooting
  - g. Foul Shots
3. Defensive Strategy
  - a. Marking (man-to-man or lane)
  - b. Depth, backward/forward flow
  - c. Transition
  - d. Defensive priorities
4. Individual Skill Development
  - a. Striking the ball - kicking
    - i. Inside of the foot (push pass)
    - ii. Outside of the foot
    - iii. Instep Drive
    - iv. Inside Curve
    - v. Outside Curve
    - vi. Chip
    - vii. Volley
  - b. Controlling the Ball
    - i. Receiving
    - ii. Trapping
    - iii. Inside of the foot
    - iv. Outside of the foot
    - v. Sole of the foot
    - vi. Instep
    - vii. Thigh
    - viii. Chest
    - ix. Head
  - c. Heading the ball
    - i. Standard Header
    - ii. Driving Header
    - iii. Glancing Header
    - iv. Flick Header
  - d. Dribbling
    - i. Inside of the foot
    - ii. Outside of the foot
    - iii. Instep of the foot
    - iv. Sole of the foot
    - v. Basic Dribbling Moves
      1. Scissors
      2. Double Scissors
      3. Fake Kick
      4. Lunge
      5. Cross over move
  - e. Tackling
    - i. Containing (Jockeying)
    - ii. Block Tackle
    - iii. Poke Tackle
    - iv. Slide Tackle
  - f. Goal Tending
    - i. Rolling Ball Pick-up
    - ii. Grounding the Ball
    - iii. Diving for air shots
    - iv. Crosses
5. Mental Preparation
  - a. Self-control methods
  - b. Relaxation/breathing
6. Competition

- a. Pre-conference Competition
- b. Conference Competition
- c. Post Season Competition
- d. Rules and Terminology

## **Suggested Reading Other Than Required Textbook**

Instructor Handouts / NCAA Rulebook

## **Examples of Required Writing Assignments**

Complete written summaries of team offenses and defenses and various types of game strategies.

## **Examples of Outside Assignments**

Practice skills. Participate in activities related to course lab. The student is expected to observe high level competition, analyze these performances and attempt to apply the observations in competition.

## **Instruction Type(s)**

Lab, Online Education Lab