

College of San Mateo

Course Outline

- ☒ New Course
☐ Update/No change
☐ Course Revision (Minor)
☐ Course Revision (Major)

Date: 1/20/2010

Department: Team

Number: 145

Course Title: Advanced Soccer

Units: .5 or 1.0

Total Semester Hours

Lecture:

Lab: 24 or 48

Homework: By

Arrangement:

Length of Course

- ☒ Semester-long
☒ Short course (Number of weeks 6-8)
☐ Open entry/Open exit

Grading

- ☐ Letter
☐ Pass/No Pass
☒ Grade Option (letter or Pass/No Pass)

Faculty Load Credit (To be completed by Division Office; show calculations.):

1.5x16/16x.75=1.125 or 3x16/16x.75=2.25 FLC

1. **Prerequisite** (Attach Enrollment Limitation Validation Form.)
Beginning soccer (team 141) or equivalent
2. **Corequisite** (Attach Enrollment Limitation Validation Form.)
3. **Recommended Preparation** (Attach Enrollment Validation Form.)
4. **Catalog Description** (Include prerequisites/corequisites/recommended preparation. For format, please see model course outline.)
(Pass/No Pass or letter grade option) Minimum of 24 or 48 lab hours. Instruction and practice in the tactical elements of soccer. Basic positional play, advanced fundamental skills and tactical strategies will be employed. For competency, may be repeated 2 times for credit. (AA: Area E4, CSU, UC*)
5. **Class Schedule Description** (Include prerequisites/corequisites/recommended preparation. For format, please see model course outline.)
Instruction and practice in the tactical elements of soccer. Basic positional play, advanced fundamental skills and tactical strategies will be employed. For competency, may be repeated 2 times for credit. Pass/No Pass or letter grade option. (AA: Area E4, CSU, UC*)
6. **Student Learning Outcomes** (Identify 1-6 expected learner outcomes using active verbs.)

Upon successful completion of the course, the student will be able to:
Demonstrate the advanced skills of dribbling, passing, shooting and trapping under pressure.
Understand and demonstrate comprehension of soccer "laws" in a practical setting
Demonstrate advanced comprehension of the strategies of the game

Demonstrate an improved level of fitness by having a shorter recovery time following strenuous exercise, improved flexibility and endurance
Cooperate in activities with diverse groups

7. **Course Objectives** (Identify specific teaching objectives detailing course content and activities. *For some courses, the course objectives will be the same as the student learning outcomes. In this case, "Same as Student Learning Outcomes" is appropriate here.*)
Same as SLO's

8. **Course Content** (Brief but complete topical outline of the course that includes major subject areas [1-2 pages]. Should reflect all course objectives listed above. In addition, a sample course syllabus with timeline may be attached.)

A. Individual techniques

1. Dribbling under pressure
2. Passing in live situations
3. Trapping with pressure
4. Shooting under pressure
5. Shielding
6. Heading (defensive, to goal)

B. Fitness fundamentals

1. Stretching
2. Aerobic conditioning
3. Anaerobic conditioning

C. Small Sided group activities

1. Possession under pressure
2. Spacing
3. Body position
4. Ball movement

D. Tactics

1. Offense
 - a. Systems of play
 1. 4-4-2
 2. 3-4-3
 3. 3-5-2
 - b. Understanding positions
 1. defenders (central and flank)
 2. midfielders (central and flank)
 3. attackers (central and flank)
2. Defense
 - a. Recovery positions
 - b. Pressure
 - c. Containing

9. **Representative Instructional Methods** (Describe instructor-initiated teaching strategies that will assist students in meeting course objectives. Describe out-of-class assignments, required reading and writing assignments, and methods for teaching critical thinking skills. **If hours by arrangement are required, please indicate the additional instructional activity which will be provided during these hours, where the activity will take place, and how the activity will be supervised.**)

Demonstration of various advanced individual moves and skills necessary to be successful

Demonstration of small sided group tactical simulations under pressure

Demonstration of utilizing skills acquired without pressure in small spaces

Demonstration of utilizing skills acquired under pressure in small and large spaces

Instructor will give short talks on the various strategies utilized in game
Utilization of small sided games to acquire many touches on the ball
Utilization of large sided games to understand advanced tactical dynamics associated with the game.

- 10. Representative Methods of Evaluation** (Describe measurement of student progress toward course objectives. Courses with required writing component and/or problem-solving emphasis must reflect critical thinking component. If skills class, then applied skills.)
Students will be evaluated in the following areas:

1. Progressive individual skill development
 - a. Without pressure
 - b. Under pressure
2. Skills test
3. Participation
4. Knowledge of laws of the game
5. Fitness Test

- 11. Representative Text Materials** (With few exceptions, texts need to be current. Include publication dates.)

Required: FIFA Laws of the Game

Recommended: Futebol: The Brazilian Way of Life, Alex Bellos
Harper Perennial, 2006

Prepared by:

(Signature)

Email address:

Submission Date:
