

# PE G192: SOCCER 1

Item	Value
Curriculum Committee Approval Date	05/21/2024
Top Code	083500 - Physical Education
Units	1 Total Units
Hours	54 Total Hours (Lab Hours 54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Local General Education (GE)	• Area 7E Lifelong Understanding and Self-Development (GE)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

## Course Description

Formerly: Soccer. This course provides an introduction to the fundamental techniques and tactics of soccer. Students will learn the basic skills required to play soccer at a beginning level, including dribbling, passing, shooting, and defending. UC credit limitations: ATHL and PE Activity courses combined: maximum credit, 4 units. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, PE Activity courses combined: maximum credit, 4 units.

## Course Level Student Learning Outcome(s)

1. Course Outcomes
2. Apply fundamental soccer tactics.
3. Demonstrate stretching, warm-up, and safety procedures to keep their experience free from injuries and preventable accidents.
4. Apply the rules and regulations of soccer during gameplay, ensuring adherence to game standards and fair play.

## Course Objectives

- 1. Demonstrate basic soccer skills including ball control, passing accuracy, shooting technique, and defensive positioning.
- 2. Apply fundamental tactics, including maintaining team shape, pressing opponents, and transitioning smoothly between attacking and defensive play.
- 3. Demonstrate the rules and regulations of soccer, including identifying fouls, offside situations, and procedures for game restarts.
- 4. Participate in group drills and team-building exercises to boost teamwork, cooperation, interpersonal skills, and peer collaboration.

## Lecture Content

## Lab Content

Introduction to Soccer Basics Overview of course objectives and expectations Introduction to basic soccer terminology and rules Emphasis on ball control and dribbling techniques Practical drills focusing on individual ball handling skills

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Passing and Receiving Techniques for accurate passing and receiving Importance of communication and movement off the ball Small-sided games to practice passing sequences and combination play Shooting and Finishing Fundamentals of shooting technique and finishing Practice drills to improve shooting accuracy and power Introduction to different types of shooting (e.g., volleys, headers) transparent; -tw-shadow-colored: 0 0 transparent; color: var(-tw-prose-bold);

Defensive Skills and Tactics Basic defensive positioning and tackling techniques Principles of team defense and pressing Scrimmages emphasizing defensive organization and teamwork Introduction to Tactical Concepts Overview of basic tactical formations (e.g., 4-4-2, 4-3-3) Understanding roles and responsibilities within different positions Applying basic tactical principles in small-sided games Game Strategy and Match Analysis Introduction to game strategy and decision-making on the field Analysis of professional soccer matches to identify key tactics and strategies Team-based projects analyzing match footage and developing strategic game plans

## Method(s) of Instruction

- Lab (04)
- DE Live Online Lab (04S)
- DE Online Lab (04X)

## Reading Assignments

Text and instructor handouts.

## Out-of-class Assignments

## Demonstration of Critical Thinking

Using real game scenarios, students will analyze, propose strategies, and justify their choices based on tactical considerations.

## Required Writing, Problem Solving, Skills Demonstration

Reflect on tactical concepts and match analysis; Collaborate on team skill building and presentations focusing on game strategy and match analysis.

## Eligible Disciplines

Physical education: Master's degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelor's degree in any of the above AND master's degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Master's degree required.

## Textbooks Resources

1. Required Bellos, A Lyttleton, B. The Soccer Handbook: Techniques, Tactics, and Strategy, ed. Bloomsbury Sport, 2021

## **Other Resources**

1. Selected handouts to be provided and distributed by the instructor.