

# Lassen Community College Course Outline

## PEAC-2C Women's Varsity Soccer

3.0 Units

### I. Catalog Description

Intercollegiate Varsity soccer competition. Since skills/proficiencies are enhanced by supervised repetition and practice, this course is repeatable to a maximum of three enrollments but can only be taken once per year.

Transfers to CSU/UC

General Education Area: E2

170 Hours Lab

Scheduled: Fall

### II. Coding Information

Repeatability: Maximum three enrollments

Grading Option: Graded or Pass/No Pass

Credit Type: Credit - Degree Applicable

TOP Code: 083550

### III. Course Objectives

#### A. Course Student Learning Outcomes

Upon completion of this course the student will be able to:

Perform soccer skills in game play at a level appropriate for continued participation in intercollegiate soccer at a two-year or four-year institution.

#### B. Course Objectives

Upon completion of each enrollment of this course the student will be able to progressively show increased abilities (beginning, intermediate, advanced levels) to:

1. Utilize knowledge of soccer conditioning to maintain optimal fitness.
2. Apply an understanding of defensive philosophy to drill, scrimmage and competitive game situations.
3. Demonstrate knowledge of and ability to execute offensive strategies during drills, scrimmage and competitive game situations.
4. Demonstrate the skills necessary to participate in team soccer at the first-year, second-year and advanced levels (depending on enrollment).
5. Understand and explain positional responsibilities for all offensive and defensive players.
6. Analyze complex competitive situations and apply correct strategy and technique.

### IV. Course Content

Student proficiency is increased with each enrollment-  
Conditioning

1. Warm-ups
2. Stretching
3. Running
4. Agility Exercises
5. Strength and Endurance exercises
6. Power and Quickness exercises

- A. Individual Skills
  1. Ball handling skills
  2. Footwork
  3. Scoring
  4. Goalkeeper skills
- B. 3. Soccer Strategies
  1. Offense
  2. Defense
  3. Team tactics
- C. 4. Game Play
  1. Drill situations
  2. Scrimmages
  3. Intercollegiate competition

## V. Assignments

### A. Appropriate Readings

The primary resource material for students are handouts prepared by the coach

Other reference materials

Current NCAA Manual

National Collegiate Athletic Association

Current FIFA Rule Book

### B. Writing Assignments

Students will be required to develop practice plan and evaluate performance.

Students will conduct written pregame and post-game analysis.

### C. Expected Outside Assignments

Skill Practice

Students will be required to participate in conference and non-conference play.

Competition will take place on weekends and outside of scheduled class time.

### D. Specific Assignments that Demonstrate Critical Thinking

1. The student will analyze the components of individual skills and will demonstrate the appropriate performance of the skills.
2. The student will analyze individual and team strategies and select and apply the appropriate skill to competitive soccer situations.

## VI. Methods of Evaluation

**Example #1.** To demonstrate performance of soccer skills, the instructor will observe and evaluate student performance in drills. Competency is demonstrated through each student's ability to perform the skills necessary in a majority of drill, simulated soccer situations and intercollegiate competitions.

**Example #2.** To demonstrate analysis and response to soccer situations, the instructor will observe and evaluate each student's decision-making ability in simulated drills and competitive situations. Student competency is demonstrated through the ability to make correct strategy decisions and apply the appropriate technique in a majority of common situations with increasing proficiency depending on enrollment (beginner, intermediate, advanced).

## VII. Methods of Delivery

Check those delivery methods for which, this course has been separately approved by the Curriculum/Academic Standards Committee.

Traditional Classroom Delivery  Correspondence Delivery

Hybrid Delivery

Online Delivery

- A. For individual skills, the instructor will demonstrate the proper technique and then execute drills with accompanying feedback to provide repetition as students gain mastery of the skills.
- B. For strategy skills, the instructor will use diagrams and demonstration to introduce a strategy and then conduct group drills to simulate and practice the skill strategy. Utilizing scrimmage and game situations, the instructor will evaluate each student's selection and execution of the appropriate strategy responses. Group and individual feedback will be used throughout the drill, simulation, scrimmage, and game situations.

## VIII. Representative Texts and Supplies

U.S. Soccer Federation  
Official Rules of Soccer  
Triumph Books 2016, or most current  
edition

## IX. Discipline/s Assignment

Coaching, Physical Education

## X. Course Status

Current Status: Active

Original Approval Date: 3/20/1997

Revised By:-Toni Poulsen and Alison Somerville

Curriculum/Academic Standards Committee Revision Date: 04/06/2021

Revised for IPR, no change: 03/15/2022