

Department of Kinesiology, SJSU

Spring 2012

Class time: Tuesday, 9:30am – 11:10am (on field by 9:45am) Section: 02

Meeting location: East Field (outside Spartan Stadium) located at 10th and E. Alma

Instructor: Christopher Behler

Office: East Field House, Room 106

Phone: 924-1254

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Office Hours: M 9-11:00am, TR/F 9:30-11:30am, or by appointment

KIN 19A Beginning Soccer

DESCRIPTION

Emphasis will be on learning fundamental soccer skills, basic tactics, etiquette, basic rules, and applications of the knowledge and skills in games. There is no prerequisite. It is assumed that students enrolled in the class have little or no experience in basic soccer skills or knowledge.

OBJECTIVES

Upon successful completion of course requirements students will:

- a. demonstrate an understanding of the basic terminology, rules, tactics, and etiquette of the game,
- b. demonstrate ability to perform the basic beginning level soccer skills, and to apply basic skills, rules, tactics, and etiquette in games, as well as in practice,
- c. demonstrate ability to properly warm up and to use simple drills and the use of soccer as it relates to mental and physical health
- d. demonstrate an understanding of soccer for diverse populations and how it is viewed throughout the world.

CONTENT

Knowledge:

- a. Concepts, brief history, and contemporary status of the game.
- b. Benefits of playing soccer
- c. Basic etiquette
- d. Strategies
- e. Basic rules and game procedures.
- f. Basic terminology.
- g. Using and taking care of the equipment
- h. Carry-on after class is over

Performance:

- a. Basic skills:
 1. Dribbling
 2. Passing
 3. Trapping
 4. Defending
 5. Heading
 6. Throw-ins
 7. Shooting
 8. Goalkeeping
- b. Basic offensive / defensive tactics
- c. Warm-up routine and basic drills
- d. Games

COURSE REQUIREMENTS

- a. Active participation in all class activities, including lectures, practice, discussion, quizzes, written examinations, skill test, games and tournament, and assignment, etc..
- b. Attending classes in a timely manner.
- c. Shirts, shorts or sweats and sport shoes (soccer cleats and shin guards recommended) for ease of movement and safety, no jeans or other street clothes in class.
- d. Cooperation and mature behavior are expected in the class.
- e. At least 5-10 minutes warm-up period is required before any skill practice.
- f. Department's soccer balls and pennies are available, while students may bring their own soccer ball. It is everybody's responsibility to take care of the department soccer balls and pennies and return them when the class is over and to set up or take down the nets whenever needed.
- g. The last class meeting will be May 8th. The final exam will be handed out on this day and will be a take home 11 questions final. The final will be due by May 17 at noon.

EVALUATIONS

- a. Skill test..... 15%
--Be able to demonstrate learned skills in practice drills and game situations
- b. Team Play (during scrimmages and games)..... 10%
--Good Sportsmanship, utilizing all players regardless of skill level
- c. Participation 50%
--Attend all Classes
--Take part in all Drills and Games
- d. Final..... 25%
--Multiple Choice based on the rules of game and lectures
--no make-up for missing final
- e. Grading: A =90%--100% B =80%-- 89% C =70%-- 79% D =60%-- 69% F = 59% or lower

TEXTBOOK

<http://www.fifa.com/worldfootball/lawsofthegame.html>

Read the PDF attached to this page regarding the rules

UNIVERSITY POLICIES

Academic integrity

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The [University's Academic Integrity policy](http://www.sjsu.edu/senate/S07-2.htm), located at <http://www.sjsu.edu/senate/S07-2.htm>, requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The [Student Conduct and Ethical Development website](http://www.sa.sjsu.edu/judicial_affairs/index.html) is available at http://www.sa.sjsu.edu/judicial_affairs/index.html. Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person's ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU's Academic Policy S07-2 requires approval of instructors.

Campus Policy in Compliance with the American Disabilities Act

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. Presidential Directive 97-03 requires that students with disabilities requesting

accommodations must register with the [Disability Resource Center](http://www.drc.sjsu.edu/) (DRC) at <http://www.drc.sjsu.edu/> to establish a record of their disability.

Tentative Schedule

Week	Skills	Knowledge
1	YUH	Green sheet, policies
2	Dribbling	Instep, inside, outside, sole Basic drills, games
3	Passing	Inside, instep, short, long, power Basic drills, games
4	Trapping	Chest, thigh, foot, sole of foot Basic drills, games
5	Defending	Positioning, 1v1/2v1 Poke, block, Basic drills, games
6	Throw-ins	Technique Basic Drills
7	Heading	Technique (shooting/clearing) Basic drills
8	Shooting	Technique Foot (inside, outside, instep) Basic drills, games
9	Goalkeeping	Basic techniques Hands, diving, positioning
10	1-4-4-2	Basic understanding of player's roles and tactics Offensively and Defensively
11	1-4-5-1	Basic understanding of player's roles and tactics Offensively and Defensively
12	1-3-5-2	Basic understanding of player's roles and tactics Offensively and Defensively
13	1-3-4-3	Basic understanding of player's roles and tactics Offensively and Defensively
14	Formation Review and free games	Review for written exam

