

# Bemidji State University

## PHED 1854: Skills for Life: Soccer

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

An activity course that examines and applies the fundamentals and skills of soccer. The history of the game, rules and regulations and entry level drill and game strategies will be examined.

**B. COURSE EFFECTIVE DATES:** 01/08/2010 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. 5 vs 5 short field play
2. 6 vs 6 play
3. Basic Rules
4. Calle Volley
5. Different ball sizes
6. Dribbling and shooting techniques and strategies
7. Goalkeeping techniques and strategies
8. Heading/volleying techniques
9. Passing techniques and strategies
10. Receiving with chest/thigh techniques
11. The application of techniques and strategies for shooting vs. the goalkeeping

### D. LEARNING OUTCOMES (General)

1. demonstrate the ability to perform critical analysis by critiquing then making changes in their execution of the soccer skills of dribbling, shooting, and passing.
2. examine how participation in soccer can help them to meet national physical activity guidelines.
3. examine the value of soccer as a means for meeting national physical activity guidelines.
4. demonstrate knowledge of basic soccer techniques and systems.
5. demonstrate knowledge of basic soccer rules and strategies.
6. understand the history and evolution of the sport of soccer
7. demonstrate the ability to dribble, pass, and shoot a soccer ball using the correct technique.
8. demonstrate higher order thinking by demonstrating knowledge of strategies for small group and full team soccer play.
9. develop soccer skills that will contribute to their physical, social and emotional wellness.
10. demonstrate the ability to write an analysis of their own physical activity behavior patterns.

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

**F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

**G. SPECIAL INFORMATION**

None noted