

PEHR 1292 Section 1 and PEHR 4292 Section 1
Intercollegiate Soccer
Course Syllabus
Fall 2006

Instructor: Linda Huddleston
Email: lhudd03@dixie.edu
Phone: (435) 652-7531 office
(435) 619-7521 cell
(435) 674-4982 home

Office: Soccer Office at Hansen Stadium
Office hours: MTW 8:00 am to 11:00 am

Course Credits: .5 credit hours
Location of Class: Hansen Stadium
Meeting time for class: 6:00 am to 8:00 am
Enrollment by permission only

Course Description:

This is a course for members of the Dixie State College of Utah Women's Intercollegiate Soccer Team. The activities in this course are designed to help the players improve their soccer skills, fitness, strength, and their play as a team. These are the practice and training sessions designed for the team's game preparation.

Department Objectives:

- A. Enhance development of physical, mental, social, and emotional well-being through physical education;
- B. Be supported to develop personal, lifelong commitment to physical activity for the long range health benefits;
- C. Develop competencies in athletic activities that will bring greater satisfaction to participation in athletics;
- D. Demonstrate an understanding of physiology that promotes safety in physical exercise;

Course Objectives:

The class will be conducted using a competitive matrix where all skills will be measured and recorded regularly.

The athletes will improve the following skills in the appropriate manner:

1. Passing accuracy and receiving as demonstrated during class drills
2. The ability to control first touches and keep the ball under tight control

3. Defending individually and as a team - good pressure, posture, and patience.
4. Shooting accuracy and power
5. Attacking individually and as a team – successfully winning practice games
6. Restart situations - kick-off, direct and indirect kicks, throw-in, and corner kicks
7. Transitional play
8. Cardiovascular endurance will improve as demonstrated on timed running tests
9. Strength will improve as demonstrated on strength tests

Grading Criteria

Attendance	10 points per day	450 Points
Participation	10 points per day	450 points
Essay Test	Written	100 points

The grade will be based on the following percentages:

A	= 95 – 100 %
A-	= 90 – 94 %
B +	= 87 – 89 %
B	= 84 – 86 %
B -	= 80 – 83 %
C+	= 77 – 79 %
C	= 74 – 76 %
C -	= 70 – 73 %
F	= below 69 %

Institutional Policy

Academic Integrity: Failure to comply with academic integrity, honesty, and behavior standards of Dixie State College may result in course failure or administrative withdrawal from the class. Do not cheat, lie, or be dishonest in any way.

Attendance Policy: Every student will be required to be on time and attend every session 100 % of the time. The students will be dressed appropriately – soccer cleats, or running shoes, team shorts and shirts, socks and shin guards and participating in all activities unless excused by trainer or doctor.

Student Support Services:

If you are a student with a medical, psychological, or learning disability and would like accommodations, contact Sherri Dial at the Disability Resource Center (652-7516) in the Student Services Center. The Disability Resource Center will determine your eligibility and determine the appropriate accommodations related to your disability.

Course Outline:

The class meets daily starting August 7 and ends October 30 at the end of the soccer season.

The class is designed for intercollegiate soccer players and the activities will be designed to meet the specific needs of the soccer team. Evaluation is continuous and the activities will be adjusted according to the areas on which the team needs to work.

A preliminary schedule follows:

<u>Week</u>	<u>Practice time</u>	<u>Activities</u>
1	6:00 am & 7 pm	Evaluations 1 ½ miles in 15 minutes Interval Runs Beep test Observe play in a game – evaluate Ball control drills
2	6:30 am	Warm up and stretch Ball control touches Small-sided games Restarts Shooting Team attacking Team defending
3- 12	6:00 am	Monday – conditioning day Tuesday – Individual skills Wednesday – Individual skills Thursday – Team tactics Friday - Shooting

Beep Test:

Cones are set 30 feet apart. The player runs between the cones, touching a cone as each “beep” is heard – at about 20 second intervals

The player runs between the cones

Continue running until failure

“Touches”

Standing opposite partner, one partner tosses the ball to the other who touches the ball in the following order working both feet:

Touch the ball inside of foot to inside of opposite foot, pass across

Touch the ball outside of foot to inside of opposite foot, pass across

One touch pass the ball across

Touch the ball with the inside of foot, volley across

Touch the ball with the instep of foot, volley across

Touch the ball with the outside of foot, volley across

Touch the ball with knee, opposite foot, volley across

Trap the ball with chest, to foot, volley across

Head the ball back to partner

Pass to partner who is jogging backward

Pass to partner who is jogging backward, partner stops ball and leaves it

Variations:

1. Work with another pair, one side trades places after each touch
2. One partner jogs backwards, tossing the ball to partner for touches
3. Working in a circle, choose partner at random and perform touches

Small sided games:

3 v 3 in a 15 X 15 yd grid

3 v 3 with support players

3 v 3 with target players

3 v 3 v 3

5 v 2

4 v 4

6 v 6

8 v 8

Shooting:

3 players in a 10 x 10 yard grid, pass the ball over to partner group 25 yards away

Players pass to each other, 3rd player passes across to partner group

2 goals, 35 yards apart, players lined up on all 4 posts, balls on opposite corners

Group A passes the ball diagonally opposite to Group C who receives the ball, and shoots

Group B passes the ball diagonally opposite to Group D who receives the ball, and shoots

Players receive the ball and turn and shoot on goal they just left

Players receive the ball, pass it back to player who passed it to them who shoots

Take over

1 v 1 to goal

2 v 2 to goal
1 v 1 with goalkeeper

Penalty Kicks:

Practice against goalkeepers

Restarts:

Kickoff
Direct Kicks and Indirect Kicks
Throw in
Corner Kicks

Conditioning:

120's - Players line up on goal line, run across to opposite goal line 18 seconds jog back in 30 seconds, recover 12 seconds - repeat 10 times

Fartlek - Players run 3 miles walk, jog, run at different intervals i.e.

Jog 400
Run 200, walk 100, jog 100
Run 100, walk 100, jog 100, run 100
Jog 200, walk 200
Run 400
Walk 200, jog 100, run 100

Cones – Players run to cone 5 yards away, jog back to start

Run to cone 10 yards away, jog back to start

Run to cone 15 yards away, jog back

Stadium runs - run a lap around the stadium, when they get to the west side,

Run up and down stadium stairs

Repeat 4 times

Obstacle course

Plyometrics