

Sam Houston State University  
Health and Kinesiology Department  
**KIN – 113.01 - Soccer**  
**Spring 2008 – Second Group**  
MW – 11:00 am –12:30 pm (HKC 146)

**Instructor: Coach Marcia Oliveira, MA**

Office appointment hours: MW: 8-11 am

TTH: 8 am - 12 pm

Friday: 8 am – 12 pm

Office: Coliseum room 229

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1. Reference book: Way to play soccer: The full-color guide to maximizing your skills. Peter Stewart. Prima Publishing, 1995. Sports and recreational activities: Soccer. WCB-McGraw Hill Publishing, 1999.
2. Course description. Class will present skills, knowledge, techniques, tactics, and conditioning preparation to understand and execute basic and intermediate level of playing. Upon completion of the course the student should be able to:
  - a. Apply and participate in events using the basic aspects of playing soccer, coaching it, understand its rules, use of equipment, and to be familiar of the overall history of the sport.
  - b. Understand and participate in the organization of the game, tournaments, practice in different facilities and surfaces for the development of soccer skills.
  - c. Understand the type of facility and space necessary for the practice of the sport and apply weather safety measures in case of inclement conditions.
  - d. To be familiar with notion of the sport played worldwide and to refer to its growth of the sport in the United States.
3. Requirements. Students will be required to attend and participate in all class sessions. In the event of illness or injure, students will be urged to attend class to observe activities. A meeting with instructor will need to be made subsequently to missed activities to discuss make up and exemption. No repeated exemption will be given without a doctor's report. A student may have 1 (one) unexcused absence without penalty. Each additional absence will deduct two (2) points from final grade. Four (4) or more absences will drop one letter grade from final result.
4. Dressing. It will be expected proper clothing for physical activity as well as proper shoes for outdoor and indoor playing and activities. Always bring both indoor and outdoor shoes.
5. Schedule (tentative)

**March**

17 - Class procedure, syllabus overview, and Introduction to the soccer and Futsal (official indoor soccer).

March (cont.)

- 19 - Theory and application of principles of the game
- 24 - Basic fundamental skills (passing, receiving, and control levels). Principles of attack. Handout part 1
- 26 - Basic fundamental skills (shooting and dribbling). Handout part I
- 31 - Basic fundamental skills (dribbling, touch passing, and throw in). Quiz

April

- 2 - Conditioning for soccer and goalkeeping training
- 7 - **Strength training for soccer and circuit training**
- 9 - Mastering positioning skills (passing, receiving, control, dribbling, rotation, and defense concepts). Handout part 2
- 14 - Mastering positional skills (shooting, crossing, free kick, attacking concepts). Quiz 2
- 16 - Positional game and combination play (defense-midfield). Short passing, dribbling, and possession.
- 21 - Positional game and combination play (midfield-forward). Long passing, control, and power shooting – Soccer practice observation
- 23 - Systems of playing and officiating. - Game
- 28 - Psychological demand of the game and small team – Game tournament tournament.
- 30 - Teams tournament

May

- 3 - Teams tournament
- 5 - Skill evaluation and final exam

6. Grading system.      50% participation  
                                    30% final exam/quizzes  
                                    20% Games and assignments

**“Students with disabilities which affects their academic performance are expected to arrange for a conference with instructor in order that appropriate strategies can be considered to ensure that participation and achievements opportunities are not impaired. “ The physically impaired may contact the Director of Counseling Center, ext. 1720.**

**Religious Holidays** – An institution of higher education shall excuse a student from attending classes or other required activities, including examinations, for the observance of as religious holy day, including travel for that purpose. A student whose absence is excused under this subsection may not be penalized for that absence and shall be allowed to take an examination or complete an assignment from which the student is excused within a reasonable time after the absence. A student who plans to miss a class or required activity to observe a religious holy day should inform the professor in writing prior to planned absence.