

*Lecture Contact Hours: 16-18; Outside-of-Class Hours: 32-36;
Laboratory Contact Hours: 16-18; Outside-of-Class Hours: 0;
Total Student Learning Hours: 64-72*

CUYAMACA COLLEGE
COURSE OUTLINE OF RECORD

Exercise Science 170C – Advanced Soccer

1 hour lecture, 1 unit
1 hour laboratory, 0 units
Total units: 1 unit

Catalog Description

Advanced individual soccer skills and team play. Emphasizes techniques and team strategy.

Prerequisite

None

Recommended Preparation

"C" grade or higher or "Pass" in ES 170B or equivalent

Entrance Skills

Without the following skills, competencies and/or knowledge, students entering this course will be highly unlikely to succeed:

- 1) Demonstrate intermediate level ball handling skills including dribbling, shooting, trapping, heading, passing, scoring and goal tending.
- 2) List positions and duties of members of a soccer team.
- 3) Identify three strategies of offense and defense and develop a responsive strategy for use during a game.

Course Content

- 1) Practice individual soccer skills at an advanced level
- 2) Practice 1 on 1, 2 on 2, 3 on 3, and 6 on 6 soccer at an advanced level
- 3) Explain and practice advanced techniques of give and go, pass through, centering and crossing soccer play
- 4) Develop advanced 11 on 11 concepts of soccer team play

Course Objectives

Students will be able to:

- 1) Describe the rules of play, codes of behavior, use of terminology and scoring for soccer.
- 2) Describe how principles learned in class may be applied to improve cardiovascular endurance, muscle strength, muscle endurance, flexibility and body composition; the five basic components of fitness.
- 3) Demonstrate the following skills: ball handling, dribbling, shooting, trapping, heading and passing and play team soccer at an advanced level.
- 4) Examine the relationship between physical fitness and good health, and apply the skills gained in class to promote good health and fitness throughout one's life.
- 5) Evaluate offensive and defensive tactics to determine game strategies.
- 6) Describe and demonstrate appropriate interpretation of rules and game officiating.

Method of Evaluation

A grading system will be established by the instructor and implemented uniformly. Grades will be based on demonstrated proficiency in subject matter determined by multiple measurements for evaluation, one of which must be written exams, skills demonstration or, where appropriate, the symbol system.

- 1) Quizzes and exams that measure students' ability to identify, explain, describe and/or provide examples of the rules, ethics and strategies of play for soccer at the advanced level and how they apply to both recreational and competitive games.
- 2) Objective testing that measures students' skills proficiency and improvement in play.
- 3) Objective assessment of student participation and performance in class competitions and tournaments based on the following criteria: appropriate use of rules and scoring, sportsmanship and teamwork, and skills development and improvement.
- 4) In-class activities and/or homework assignments that measure students' ability to evaluate the relationship between physical fitness and health throughout the lifespan.

Special Materials Required of Student

Proper attire

Minimum Instructional Facilities

Soccer field/goals, regulation soccer balls

Method of Instruction

- 1) Lecture and demonstration
- 2) Laboratory practice

Out-of-Class Assignments

- 1) **Reading:** review course materials, and other multimedia.
- 2) **Writing:** goals paper, fitness log, and more.
- 3) **Other:** analysis of competitive soccer (as seen live and in available media).

Texts and References

- 1) Required (representative example): International Football Association Board. (2025). Laws of the Game 2025/26. The International Football Association Board.
- 2) Supplemental: Latham, A. (2021). Soccer Smarts for Teens: 50 Skills and Strategies to Master the Game. Rockridge Press.

Student Learning Outcomes

Upon successful completion of this course, students will be able to:

- 1) Demonstrate proper technique in dribbling, passing, receiving, and shooting under intense defensive pressure, and adjusting based on dynamic game situations, tactical objectives, and opponent behavior during drills, small-sided, and full-sided play.
- 2) Critically evaluate the rules of soccer in relation to advanced gameplay scenarios, including offside positioning, set-piece strategies, and advantage calls. Students will demonstrate comprehensive understanding of field zones and markings by explaining their influence on tactical decision-making, officiating, and competitive play.
- 3) Analyze and execute offensive and defensive strategies in each third of the field via spatial manipulation to create scoring opportunities from quick counterattack as well as defend in numbers down scenarios.