



**El Camino College**  
**COURSE OUTLINE OF RECORD – Official**

<b>Course Acronym:</b>	PE
<b>Course Number:</b>	71abc
<b>Descriptive Title:</b>	Off-Season Training for Men's Intercollegiate Soccer Team
<b>Division:</b>	Health Sciences and Athletics
<b>Department:</b>	Kinesiology/Phys Ed/First Aid/CH/Med Term
<b>Course Disciplines:</b>	Coaching, Physical Education
<b>Catalog Description:</b>	This course is designed for off-season soccer training. Students will engage in an off-season program stressing instruction, skill development, strength training, and cardiovascular conditioning.
<b>Prerequisite:</b>	
<b>Co-requisite:</b>	
<b>Recommended Preparation:</b>	High school varsity experience or equivalent skill.
<b>Enrollment Limitation:</b>	
<b>Hours Lecture (per week):</b>	0
<b>Hours Laboratory (per week):</b>	3
<b>Outside Study Hours:</b>	0
<b>Total Course Hours:</b>	54
<b>Course Units:</b>	1
<b>Grading Method:</b>	Letter Grade only
<b>Credit Status:</b>	Credit, degree applicable
<b>Transfer CSU:</b>	Yes
<b>Effective Date:</b>	July 1992
<b>Transfer UC:</b>	Yes
<b>Effective Date:</b>	fall 1995
<b>General Education: ECC</b>	Area 5 - Health and Physical Education
<b>Term:</b>	
<b>Other:</b>	
<b>CSU GE:</b>	Area E - Lifelong Understanding and Self-Development
<b>Term:</b>	
<b>Other:</b>	
<b>IGETC:</b>	
<b>Term:</b>	
<b>Other:</b>	

<p><b>Student Learning Outcomes:</b></p>	<p><b>SLO #1 Instep Passing and Shooting</b></p> <p>Student will demonstrate the task of proficiency in volleying the soccer ball with the instep of both feet, in the skill of passing and shooting on goal.</p> <p><b>SLO #2 Defensive Heading</b></p> <p>Students will demonstrate their proficiency in performing "defensive" heading, from soccer balls fed in to the penalty box from offensive players.</p> <p><b>SLO #3 Defensive Wall</b></p> <p>Student will demonstrate how to set up a defensive wall to prevent a scoring opportunity from a direct free kick and be able to explain how many defenders are required in the defensive wall, depending on the location of the kick.</p>
<p><b>Course Objectives:</b></p>	<ol style="list-style-type: none"> <li>1. Evaluate the strengths and weaknesses of opposing central defenders, and determine methods of exploiting weakest areas.</li> <li>2. Analyze the differences in techniques for heading at goal, heading to clear, and heading for possession.</li> <li>3. Compare the technical skills for all aspects of shooting at goal from dead ball situations.</li> <li>4. Compare systems of play, recognize their strengths and weaknesses and make appropriate adjustments to play.</li> <li>5. Develop an exercise program that develops fast twitch muscles and strength and flexibility that is specific to soccer.</li> <li>6. Develop a cardiovascular exercise program that is for off-season competitive soccer.</li> </ol>
<p><b>Major Topics:</b></p>	<p><b>I. Course Orientation (4 hours, lab)</b></p> <ol style="list-style-type: none"> <li>A. Player evaluations</li> <li>B. Rules of the game</li> </ol> <p><b>II. Conditioning (8 hours, lab)</b></p> <ol style="list-style-type: none"> <li>A. Strength training</li> <li>B. Cardiovascular</li> <li>C. Flexibility</li> </ol> <p><b>III. Passing and Controlling the Ball (6 hours, lab)</b></p> <ol style="list-style-type: none"> <li>A. Feet <ol style="list-style-type: none"> <li>1. Inside</li> <li>2. Outside</li> </ol> </li> <li>B. Upper body</li> <li>C. Lower body</li> </ol> <p><b>IV. Dribbling Techniques (4 hours, lab)</b></p> <ol style="list-style-type: none"> <li>A. Outside the foot</li> <li>B. Inside the foot</li> <li>C. With laces</li> </ol> <p><b>V. Shooting (4 hours, lab)</b></p> <ol style="list-style-type: none"> <li>A. Inside the foot</li> <li>B. Outside the foot</li> <li>C. Free kick shooting</li> <li>D. Volleys</li> <li>E. Finishing from crosses</li> </ol> <p><b>VI. Crossing and Heading the Ball (2 hours, lab)</b></p> <ol style="list-style-type: none"> <li>A. To score</li> <li>B. To clear away</li> </ol> <p><b>VII. Goalkeeping (2 hours, lab)</b></p>

	<ul style="list-style-type: none"> <li>A. Stance</li> <li>B. Tactical positioning</li> <li>C. Handling skills <ul style="list-style-type: none"> <li>1. Catching</li> <li>2. Punching</li> </ul> </li> <li>D. Setting up wall</li> </ul> <p><b>VII. Functional Technical Play for Defenders (3 hours, lab)</b></p> <ul style="list-style-type: none"> <li>A. Tackling techniques</li> </ul> <p><b>IX. Functional Play (9 hours, lab)</b></p> <ul style="list-style-type: none"> <li>A. Forwards</li>   <li>B. Midfield</li> <li>C. Goalkeepers</li> </ul> <p><b>XII. Offensive Principals of Play (3 hours, lab)</b></p> <ul style="list-style-type: none"> <li>A. Mobility</li> <li>B. Width-depth</li> <li>C. Penetration finishing</li> </ul> <p><b>XIII. Styles of Play (4 hours, lab)</b></p> <ul style="list-style-type: none"> <li>A. Attacking direct</li> <li>B. Attacking indirect with possession</li> <li>C. Defensive low pressure</li> <li>D. Defensive high pressure</li> </ul> <p><b>XIV. Full 11 vs. 11 Structured Games (5 hours, lab)</b></p> <ul style="list-style-type: none"> <li>A. Different systems and strategies</li> </ul>
<b>Total Lecture Hours:</b>	0
<b>Total Laboratory Hours:</b>	54
<b>Total Hours:</b>	54
<b>Primary Method of Evaluation:</b>	2) Problem solving demonstrations (computational or non-computational)
<b>Typical Assignment Using Primary Method of Evaluation:</b>	Analyze the defensive formation used by opponents and verbally describe the offensive strategy that should be created to score by attacking the outside fullbacks.
<b>Critical Thinking Assignment 1:</b>	Analyze the kicking mechanics and body position of players crossing the ball from the outside wing position towards the goal. Verbally explain any faults and suggest corrective action if necessary.
<b>Critical Thinking Assignment 2:</b>	Design and demonstrate to the instructor three set plays for a free kick 25 yards from the goal that will involve a decoy run and an opportunity to score.
<b>Other Evaluation Methods:</b>	Class Performance, Oral Exams
<b>Instructional Methods:</b>	Demonstration, Discussion, Multimedia presentations
<b>If other:</b>	Skill demonstrations of all offensive and defensive positions Video analysis of each student, emphasis on dribbling and passing
<b>Work Outside of Class:</b>	Course is lab only - minimum required hours satisfied by scheduled lab time
<b>If Other:</b>	
<b>Up-To-Date Representative Texts:</b>	
<b>Alternative Texts:</b>	

<b>Required Supplementary Readings:</b>	
<b>Other Required Materials:</b>	
<b>Requisite:</b>	
<b>Category:</b>	
<b>Requisite course(s): List both prerequisites and corequisites in this box.</b>	
<b>Requisite and Matching skill(s):<b>Bold the requisite skill. List the corresponding course objective under each skill(s).</b></b>	
<b>Requisite Skill:</b>	High school varsity experience or equivalent skill.
<b>Requisite Skill and Matching Skill(s): <b>Bold the requisite skill(s). If applicable</b></b>	
<b>Requisite course:</b>	
<b>Requisite and Matching skill(s):<b>Bold the requisite skill. List the corresponding course objective under each skill(s).</b></b>	Students who have demonstrated the skills and abilities for enrollment in the athletic development course will have a greater ability to succeed based on the following areas. Student will have a comprehensive understanding of the rules and regulations of the athletic sport. The student will understand tactics, alignments and strategies of play. This individual will also be aware of phases of conditioning, and proper implementation of health and safety requirements.
<b>Requisite Skill:</b>	
<b>Requisite Skill and Matching skill(s): <b>Bold the requisite skill. List the corresponding course objective under each skill(s). If applicable</b></b>	
<b>Enrollment Limitations and Category:</b>	
<b>Enrollment Limitations Impact:</b>	
<b>Course Created by:</b>	Norm Jackson
<b>Date:</b>	09/01/1989
<b>Original Board Approval Date:</b>	
<b>Last Reviewed and/or Revised by:</b>	Michael Jacobson
<b>Date:</b>	09/06/2024

<b>Last Board Approval Date:</b>	03/24/2025
<b>Effective Term:</b>	FA 2025