Florida Institute of Technology

ADDING A NEW COURSE TO THE CURRICULUM

This course is available for student registration only after the approval process has been completed.

SUBJECT: PED  
COURSE NO. 3161  
CREDIT HOURS 2  
TERM TO BE ADDED TO THE FILE Fall 2010  

CLASS HOURS 30  
LECTURE HOURS  
LAB HOURS  
CONTACT HOURS (CEU ONLY)  

DEPARTMENT: Physical Education  
SCHEDULE TYPE: Lecture  

☐ COLLEGE OF AERONAUTICS—23  ☒ COLLEGE OF PSYCHOLOGY AND LIBERAL ARTS—25  
☐ COLLEGE OF BUSINESS—24  ☐ COLLEGE OF SCIENCE—26  
☐ COLLEGE OF ENGINEERING—01  ☐ UNIVERSITY COLLEGE EXTENDED STUDIES—27  

COMPUTER TITLE: Restricted to 25 characters, including spaces Coaching Soccer  
CATALOG TITLE: THEORY AND PRACTICE OF COACHING SOCCER  
CATALOG DESCRIPTION OF COURSE: Limited to 350 characters, including spaces Prepares future soccer coaches with the knowledge, techniques and skills required to be successful. Emphasizes the development of proper training programs and specific game strategy. Includes the history of the game of soccer and the development and implementation of designed plays.

In addition, you may attach a course syllabus and/or more detailed description.

REQUIREMENTS  
☐ Prerequisite  
Course Number: P&D 2160  
☐ Corequisite  
Course Number:  

☐ Prerequisite  
Course Number:  
☐ Corequisite  
Course Number:  

☐ Prerequisite  
Course Number:  
☐ Corequisite  
Course Number:  

GRADES TO BE ISSUED  
☒ A, B, C, D, F  
☐ A, B, C, D, F, CEU  
☐ CEU  
☐ S, U  
☐ P, F  
☐ Other  

ADDITIONAL RESTRICTION  
(e.g., Major, Class Level, Department Head Approval)

If this course replaces a course currently offered in BANNER, please indicate old course information

SUBJECT: PED  
COURSE NO.  

APPROVALS: Upon completion of appropriate department approvals, submit form to Chair, Graduate Council, or Chair, Undergraduate Curriculum Committee for approval below and forward to Catalog Director.

Originator  
Date: 8-17-09  

Chair, Graduate Council  
Date: 8-19-09

OR

Dean or Associate Dean  
Date:  

Chair, Undergraduate Curriculum Committee  
Date:  

CATALOG DIRECTOR  
These changes/additions have been made for the University/Extended Studies Catalog and entered into the BANNER term named above.

Catalog Director  
Date:

REGISTRAR’S USE ONLY  
SCACRSE  
SCADETL  
SCAPREQ  
SCABASE  
SCARRES  
Operator Init  
Date:

Florida Institute of Technology • Office of the Registrar  
150 West University Boulevard, Melbourne, FL 32901-6975 • (321) 674-8114 • Fax (321) 674-7827  
RG-271-5061
Course Description
This course is designed to prepare future soccer coaches with the knowledge, techniques, and skills required to be successful. Emphasis will be given towards the development of proper training programs and specific game strategy including the development and implementation of designed plays.

Required Textbook
Mario Bonfanti, Angelo Pereni: The Complete Book of Soccer Restart Plays
Danny Mielke: Soccer Fundamentals

Course Objectives
- Develop a perspective for the history of the game of soccer
- Explore different game strategies and their implementation
- Explain the various types of coaching systems and styles
- Develop a coaching philosophy and learn how to successfully implement it across a broad range of personalities
- Understand how the soccer program contributes to the overall learning process in the academic setting
- Learn to develop game plans for different skill levels and how to progress each game plan to supplement player growth and development
- Learn how to promote and support a soccer program in a community setting
- Develop an understanding of the different needs of parents, players, leagues, and communities and learn to effectively maintain good relationships with all parties
- Learn to develop practice plans
Course Notebook

This notebook should include:

I. A three page, typewritten, double-spaced statement describing your coaching philosophy (i.e. what is your approach to motivation, discipline, positive reinforcement, handling loses and/or wins, developing team camaraderie, communication, goal setting, dealing with parents, field behavior, mental aspect of soccer, etc.)

- Write a two page paper on the History of the game of soccer

II. Discuss all of your drills (explained in detail) to include the following: Dribbling, juggling, passing, trapping the ball, executing the throw in, heading the ball, shooting, chipping and volleying, moving against an opponent, defensive skills, goalkeeping, dead ball kicks, small sided games, offensive and defensive tactics etc.

III. Describe your approach to fund raising and promotion of your program throughout the community

- Discuss your strategy pertaining to offensive and defensive strategy

IV. Set up five days of practice (2 hour practices) using different drills each day and indicate the length of time devoted to each drill and what you are attempting to gain from each segment of practice (i.e. 3:00-3:10 juggling, 3:10-3:30 passing, 3:30-3:45 deadball kicks etc.

- Read three coaching articles (they can be in any sport – but more of a philosophical point of view) write a summary on each of the articles and explain how it may pertain to coaching a team and attach the articles to your summary

- Any additional materials that pertain to coaching a soccer team

Course Grades:

<table>
<thead>
<tr>
<th></th>
<th>Points</th>
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<tbody>
<tr>
<td>Notebook</td>
<td>200 pts</td>
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<tr>
<td>2 Exams</td>
<td>100 pts each</td>
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<tr>
<td>Final Exam</td>
<td>150 pts</td>
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<tr>
<td>2 Practical Exams</td>
<td>50 pts each</td>
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<td>Total Points</td>
<td>700</td>
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Grading Scale:

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<tr>
<th>Points Range</th>
<th>Grade</th>
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<tr>
<td>700 - 630</td>
<td>A</td>
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<tr>
<td>629 - 560</td>
<td>B</td>
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<tr>
<td>559 - 490</td>
<td>C</td>
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<tr>
<td>489 - 420</td>
<td>D</td>
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<td>&lt; 420</td>
<td>F</td>
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## Theory and Practice of Coaching Soccer
### PED 3161

#### Topics to be covered/ Schedule

<table>
<thead>
<tr>
<th>WEEK #</th>
<th>CHAPTER #</th>
<th>CHAPTER TITLE</th>
<th>ASSIGNMENT</th>
<th>EXAM</th>
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</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>Chapter 1</td>
<td>Dribbling &amp; Discuss History of Soccer</td>
<td>Notebook P. I</td>
<td>Exam</td>
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<tr>
<td>Week 2</td>
<td>Chapters 2 &amp; 3</td>
<td>Juggling &amp; Passing &amp; Discuss Coaching Systems and Styles</td>
<td>Notebook P. II</td>
<td>Practical</td>
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<tr>
<td>Week 3</td>
<td>Chapters 4 &amp; 5</td>
<td>Tapping the Ball &amp; Executing the Throw-In</td>
<td>Notebook P. III</td>
<td>Practical</td>
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<tr>
<td>Week 4</td>
<td>Chapter 6</td>
<td>Heading the Ball &amp; Discuss Coaching Philosophy</td>
<td>Notebook P. IV</td>
<td>Final Exam</td>
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<td>Week 5</td>
<td>Chapters 7 &amp; 8</td>
<td>Tricks and Turns &amp; Shooting</td>
<td>Notebook Due</td>
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<td>Week 6</td>
<td>Chapters 9 &amp; 10</td>
<td>Chipping and Volleying &amp; Moving Against an Opponent</td>
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<td>Week 7</td>
<td>Chapters 11 &amp; 12</td>
<td>Defensive Skills &amp; Goalkeeping</td>
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<td>Week 8</td>
<td>Chapter 13</td>
<td>Dead Ball Kicks &amp; Discuss Soccer in the School</td>
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<td>Week 9</td>
<td>Chapter 14</td>
<td>Offensive and Defensive Tactics &amp; Discuss Game Strategies</td>
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<tr>
<td>Week 10</td>
<td>SRS Chapter 2</td>
<td>Restarting the Game at Set Plays</td>
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<td>Week 11</td>
<td>SRS Chapter 3</td>
<td>Suggestions for Practice &amp; Discuss Practice Plans</td>
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<td>Week 12</td>
<td>SRS Chapter 4</td>
<td>Kick-Off &amp; Goal Kick</td>
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<td>Week 13</td>
<td>SRS Chapter 4</td>
<td>Corner Kick &amp; Discuss Soccer and the Community</td>
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<td>Week 14</td>
<td>SRS Chapter 4</td>
<td>Free Kick &amp; Discuss Skill Progression</td>
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<td>Week 15</td>
<td>SRS Chapter 4</td>
<td>Penalty Kick &amp; Throw-In</td>
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<td>Week 16</td>
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