

PHEC 366 - THEORY OF SOCCER [COACHING]

Instructor: Brian Parker, FSU Women's Soccer Coach
 Office Info: 291 PE Center, 301-687-4356, bparker@frostburg.edu
 Office Hours: Tu-Th: 10:30-12:00, W/F: 1:00-2:00
 Class Site: www.FrostburgSoccerClass.com
 Text Books: *Great Soccer Drills: The Baffled Parents Guide*, Fleck & Quinn, 2002. (recommended, \$12.45)
The New Toughness Training for Sports, Leohr, et. al., 1995. (recommended, \$11.44)
Training Soccer Champions, A. Dorrance, 1996 (recommended, \$19.63) OR
Vision of a Champion, A. Dorrance, 2002 or 2005 (recommended, \$7.86)

Course Description and Objectives

This is a class about coaching soccer. The course is intended to meet the needs of PE Majors, Coaching Minors, or other students interested in soccer by presenting information on soccer coaching philosophies, team administration, and instructional techniques and strategies. Student will be expected to participate in limited skill-related soccer activities and be capable of demonstrating various instructional methods.

Expectations for Student Behavior

In accordance with Frostburg State University and HPER Department policies pertaining to students and student conduct, students in this course will be asked to adhere to the following behavioral expectations:

- 1. Be a good student:** When the instructor talks or a question is asked- please listen!
- 2. Be present, timely, and participate:** Classes begin on time and both attendance AND participation are expected. Attendance will be taken daily. Please do not interact with cell phones during instruction.
- 3. Be prepared:** Students will come prepared to participate to all class events, dressed appropriately and bringing all necessary equipment (shoes for indoor or outdoor activities).
- 4. Be positive:** There will be students of various experiences and abilities in this class. With that in mind, students are expected to be respectful and have only POSITIVE comments for the instructor and classmates at all times. Foul or abusive language will not be tolerated under any circumstances. Each student is expected to contribute in some positive way in every class.
- 5. Be smart:** Your physical participation in this class is required but is not evaluated in terms of playing quality relative to other students. Soccer is a contact sport and students are expected to make good judgments as participants in an effort to reduce unnecessary contact and physical risk. A high level of sportsmanship is expected at all times.
- 6. Adhere to University Rules and Facility Guidelines:** Do not eat or drink in any activity areas inside the PE Center. Please make every effort to wear only clean dry shoes that have soles that will not mark the floor.
- 7. This course will be conducted according to two guiding principles:**

Mutual Respect and Personal Responsibility

Note: At any time, if the severity of a behavior or its persistence warrant, appropriate disciplinary action will be taken to include possible administrative withdrawal from the course in accordance with University policy regarding Disruptive Students.

Attendance Policy: Attendance at all classes is expected and is a significant key to success in the course. 20% of your course grade will be determined by attendance which is **mandatory in the final phase of the course.**

Grading Policy: 90-100% = A 80-89% = B 70-79% = C 60-69% = D Below 60%= Failure
 *No NC grades will be given in this course

Grades will be determined according to the following five components weighted equally (20% each):

- Attendance/Participation
- Exam Grades (2 tests equally weighted)
- Weekly Class Assignments
- Final Project
- Instructional Coaching Session

ADA Statement: FSU is committed to making all programs, services, and activities accessible to persons with disabilities. You may request accommodations from the instructor or the ADA Compliance Office x4102.

Summary Content Outline and Tentative Schedule:

I. Philosophy and Administration of Soccer Teams/Programs:

Week 1:	1/29	Intro to Course/A “Philosophy” of Coaching
Week 2:	2/6	Qualities of the Successful Coach/US Soccer Organization
Week 3:	2/12	Creating a Positive Team Environment/Gender Differences
Week 4:	2/19	Mental Toughness/Psychological Dimensions/Ethics in Coaching
Week 5:	2/26	Care and Prevention of Injury/Soccer Fitness
<i>Approximately</i>	<i>3/5</i>	<i>EXAM 1</i>

II. Soccer Skills, Tactics, and Coaching Methods:

Week 6:	3/5	What is Soccer? /“Principles” of Play
Week 7:	3/12	Organizing and Running a Practice Session
Week 8:	3/26	Coaching Communication and Methods/Technical Progressions
Week 9:	4/2	Field: Practice Session Examples
<i>Approximately</i>	<i>4/4</i>	<i>EXAM 2</i>

III. Coaching Demonstrations: (attendance is mandatory for this portion of the course)

Weeks 10-14 4/9 to 5/14

Final Soccer Projects will be due at our last class meeting on Tuesday, May 14th.
There is no final exam in this course.

Final Soccer Scouting Report Project:

You will watch and “scout” a high level soccer match this Spring. You will then complete a scouting report and analysis on one team and then create a specific training session to address one of the perceived weaknesses of the team scouted.

Assignment sheets with precise expectations will be provided around March 14th.

Please sign and retain this syllabus in a safe place:

*By signing below, I understand the physical risks associated with soccer activities and will properly equip myself for all classes. I acknowledge that I must inform the instructor of any injury, illness, or medical condition I may have or incur that could prohibit me from participating in class. I also understand the expectations of the course and the attendance and grading policies.

Student Name

Signature