STAC 156 – Beginning Soccer

PLEASE REFER TO THE WELCOME PAGE FOR GENERAL INFORMATION:
http://studentwellness.byu.edu/physical/activitycourses

Learning Outcomes
At the conclusion of the semester, students will:
1. Demonstrate basic soccer skills of:  dribbling, trapping, passing, shooting, throw-in, goalkeeping, offense and defense strategies
2. Demonstrate an understanding of the rules/strategy of soccer by passing a written final.

Course Content/Tentative Class Schedule

1-HOUR Class
1  Introduction / History of Soccer
2  Individual Control / Dribbling
3  Individual Control / Dribbling
4  Partner Control / Dribbling
5  Dribbling / Trapping
6  Trapping/Throw-ins
7  Trapping / Control
8  Trapping / Passing
9  Passing—Short Balls
10 Passing
11 Passing—Long Balls
12 Goalkeeping
13 Shooting / Goalkeeping
14 Shooting / Goalkeeping
15 Shooting
16 Defensive Tactics / PPS
17 Defensive Tactics / PPS
18 Defensive Tactics / PPS
19 Defensive Tactics / PPS
20 Offensive Tactics / PPS
21 Offensive Tactics / PPS
22 Offensive Tactics / PPS
23 Offensive Tactics / PPS
24 Round Robin Tournament Play
25 Round Robin Tournament Play
26 Round Robin Championship Rounds
27 Round Robin Championship Rounds
28 Written Final

2-HOUR Class
1  Introduction / History of Soccer / Elementary Rules and Regulations
2  Warm-up / Individual Skill / Control / Dribbling
3  Warm-up / Control & Dribbling / Introduction of Trapping & Passing
4  Warm-up / Partner Control / Dribbling / Trapping / Throw-ins
5  Warm-up / Control / Trapping / Passing
6  Warm-up / Task Station (Dribbling, Trapping, Control) / Passing
7  Warm-up / Passing / Introduction to Shooting & Goalkeeping
8  Warm-up / Passing / Shooting / Goalkeeping / PPS
9  Warm-up / Task Stations / Game Tactics / PPS
10 Warm-up / Task Stations / Game Tactics / Set Plays
11 Warm-up / Task Stations / Game Tactics / PPS
12 Warm-up / Task Stations / Game Tactics / PPS
13 Warm-up / Round Robin Tournament
14 Warm-up / Round Robin Championship Play
15 Written Final
GRADING

• **This course is graded PASS/FAIL**
• Students must meet the following criteria to pass this course.
  1. Pass the attendance part of the course with 80%—no more than 5 hours absent
  2. Pass the written part of the class with 75% on the written test.

Students who do not meet this criteria will receive a Fail (E) grade which will impact their GPA.

ATTENDANCE/PARTICIPATION

• Because participation is the primary component of an activity class, attendance is requisite to pass the class.
• Students must attend **and participate** in 80% of all class sessions to pass the course (Department policy). *There is no such thing as an excused absence for University business. The purpose of the allowed absences is to accommodate for illness, injury, or University business.*
  • For twice a week semester classes or 4 times a week block and Spring/Summer term classes, this equals no more than 5 class periods missed.
  • For twice a week block or Spring/Summer term classes and once a week semester classes, this equals no more than 2 class periods missed.
  • For once a week block classes, this equals no more than 1 class period missed.
• Excessive tardiness is not acceptable. Three (3) incidents of tardiness equal one (1) absence. If a student arrives after class begins, it will count as a tardy. If the student arrives 10 minutes or more after the class begins or leaves early, it will count as an absence.
• Students adding late can make up classes missed prior to adding during a 2 week period following the add/drop deadline. They should see the instructor for options immediately upon adding.
• A student incurring a prolonged injury or illness resulting in more than the allowed absences can withdraw from the class prior to the withdrawal deadline (see academic calendar) Students with a prolonged illness or injury occurring after the withdrawal deadline can petition to withdraw at petitions.byu.edu. Call 801-422-2631 with questions about the petition process.
• If a student has any questions about this policy, contact Student Wellness, 203 RB, activity@byu.edu

WRITTEN EXAM

A written examination must be taken in the Testing Center. **IMPORTANT:** The test dates are posted at http://studentwellness.byu.edu/physical/activitycourses/. The test must be taken by one day prior to the last day of classes and will not be available during the last day of classes, Reading Days or Finals.

**Please note the following:**
1. The exam will cover materials taught and/or referred to in class.
2. If a better grade is desired, a test may be retaken any number of times. Retakes are available for a $5.00 fee.
3. A 24-hour period is required between taking the same test over again. If you fail a test on the last day offered, you cannot take the test again.
4. A $5.00 late fee will be charged beginning 2pm on the last day of the exam.

Dress & Attire

A t-shirt and shorts or sweats are required for your participation in an activity class. Clothing shall be modest, clean and properly mended. Shirts must cover the shoulders and full torso. Shorts or sweats must reach at least mid-thigh. Inappropriate logos or sayings will not be tolerated. Proper footwear is also required and varies according to the activity and facility. Students who are not dressed in appropriate athletic attire will not be allowed to participate and are counted absent.

Safety

Students must be wearing athletic shoes (NO sandals or bare feet). Shin Guards are not required but are HIGHLY recommended.

Injury

Any injury occurring during scheduled class time should be immediately reported to you instructor.