




## Board/Authority Authorised Course Framework

<b>District Name</b>	Kootenay Columbia
<b>District Number</b>	#20
<b>Developed By</b>	Deb Dovgala
<b>Date Developed</b>	June 2016
<b>School Name</b>	JL Crowe
<b>Principal's Name</b>	David DeRosa
<b>Board/Authority Approval Date:</b>	June 20, 2016
<b>Board/Authority Signature:</b>	
<b>Course Name:</b>	Soccer Development 10
<b>Course Grade Level</b>	10
<b>Number of Credits</b>	4
<b>Number of Hours of Instruction</b>	120

**Prerequisite(s):** Must be currently enrolled in a community soccer program or have enrolled in the last 2 years.

### Special Training, Facilities or Equipment Required:

Outdoor and Indoor Training Shoes, Soccer Specific Training Gear.

### Course Synopsis:

- To provide an opportunity for soccer enthusiastic student-athletes to continue to develop their skills, knowledge and love of soccer. Although this course would be appealing to student-athletes currently affiliated with KSYSA and / or Whitecaps Academy programs, aspects of the curriculum would be very beneficial to recreation soccer players.
- To offer technical soccer instruction in a focused class environment committed to athlete skill development.
- To offer soccer specific fitness training to athletes based on periodization specific to each athlete.
- To introduce athlete development concepts in the areas of: skills, systems, strategies, fitness, injury prevention, nutrition and personal planning.
- To follow player development based on the "Training to Train" guideline provided by the Canadian Soccer Association Player Development Plan and the FIFA 16, a training program for soccer players aged 13-17.

**Rationale:**

- Students will have the opportunities to focus on soccer development in a school course that combines academic and athletic goals.
- Students will be challenged to set goals with other student-athletes who share their same drive for success in the sport.
- The program will focus on individual skill building, tactical systems, offensive and defensive strategies and personal knowledge of the game.
- Students will focus on soccer development in a class setting and have more time outside the class to pursue other sport interests, personal hobbies and academics.
- Each year beginning in grade 10 students will be able to build on the soccer skills, knowledge of the sport and continue to expand their passion for the sport of soccer.

**Organized Structure:****Grade 10**

<b>Unit/Topic</b>	<b>Title</b>	<b>Time (hrs)</b>
Unit 1	Individual Skill Development	20
Unit 2	Position Responsibilities/Team Systems	20
Unit 3	Cardio/Strength Fitness	40
Unit 4	Tactical and Technical Skill Development	20
Unit 5	Injury Prevention and Injury Management	10
Unit 6	Mental Preparation and Training	10
<b>TOTAL HOURS</b>		<b>120</b>

**Grade 10****Unit 1: Individual Skill Development**

It is expected that students will:

- ✓ Develop dribbling, passing, trapping, and shooting skills
- ✓ Develop individual defending and attacking skills
- ✓ Learn defending gap control and jockey skills
- ✓ Combine individual skills and use in combination under pressure

**Unit 2: Position Responsibilities**

It is expected that students will:

- ✓ Learn different positions and their defensive responsibilities
- ✓ Learn the offensive responsibilities of the different positions
- ✓ Understand the changing roles of the positions as the games transpires

### **Unit 3: Cardio Fitness and Strength**

It is expected that students will:

- ✓ Understand periodization and how it affects athletes' performance
- ✓ Follow a cardio and strength fitness plan to maximize performance
- ✓ Be able to monitor fitness level using a heart rate monitor or other tools available to athletes

### **Unit 4: Tactical and Technical Skill Development**

It is expected that students will:

- ✓ Develop Technical Skills acquisition in a complex environment and position-specific skills
- ✓ Develop Tactical Skills based on – Team work: development of tasks per unit (defensive, midfield or forward unit) and positional awareness through small-sided games and large-sided competitive

### **Unit 5: Injury Prevention and Injury Management**

It is expected that students will:

- ✓ Be able to demonstrate exercises and stretching techniques specifically used in Injury prevention
- ✓ Be able to manage small injuries using taping techniques and first aid management.
- ✓ Be able to find adaptive measures of training when injury prevents full physical participation
- ✓ Understand the protocol for concussion management as it relates to the training, school and the potential complications if the protocol is not followed.

### **Unit 6: Mental Preparation and Training**

It is expected that students will:

- ✓ Learn techniques to manage the demands of sports, school and life
- ✓ Learn to set short term and long term goals as they relate to their school, sport and life
- ✓ Use mental preparation skills to develop routines
- ✓ Develop skills to handle winning, losing and not achieving set goals
- ✓ Develop mindfulness and awareness with regards to sports and life

## **Instructional Components**

Instruction will be connected to learning outcomes as follows:

### **Skill Development**

- direct classroom instruction,
- skill and training sessions on the field and in the field house,
- guest instructors,
- shared performance indicators and examples (developed with the students)

### **Fitness Awareness**

- direct classroom instruction to provide safe generic examples of fitness programs,
- individualized fitness plans that reflect student,
- online resources accessed via the iTunes U app

### **Accessing Tactical Information and Resources**

- connection to online resources via the iTunes U app.
  - This app will provide the framework for the course and allow for distribution of materials, students can submit demonstration of their learning and the instructor can personalize student interaction.

### **General instructional principles will be followed to reflect BC's new curriculum, including:**

- Student centered learning that supports the individual development of the student athlete
- Purposeful and relevant content and tasks that can be applied to practice and game scenarios
- Co-operative learning opportunities that encourage a positive atmosphere for peer to peer feedback
- Opportunities for students to reflect on their learning and develop critical thinking skills related to the complex nature of a team sport environment

### **Assessment Component:**

60% Participation and Journalled Training Plans (primarily through an online portal).

40% Skill Development and Improvement Measures (Through baseline skills measurements and ongoing formative assessments of skill learning outcomes).

Student's will be using soccer Canada and FIFA sourced fitness and skills assessment structures, which provides for fun comparisons to world class female and male soccer players. Assessments in each skill and tactical area will allow for individualized assessment and programing as it relates to each students' needs.

### **Learning Resources:**

Soccer Specific Resources, Guest coaches, Soccer BC and Soccer Canada programs, Soccer DVD's, Manuals, Athletes Performance Training Program. FIFA Soccer 9 training program.