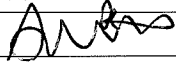




Board/Authority Authorised Course Framework

District Name	Kootenay Columbia
District Number	#20
Developed By	Deb Dovgala
Date Developed	June 2016
School Name	JL Crowe
Principal's Name	David DeRosa
Board/Authority Approval Date:	June 20, 2016
Board/Authority Signature:	
Course Name:	Soccer Development 11
Course Grade Level	11
Number of Credits	4
Number of Hours of Instruction	120

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 and continuing through grade 11 and 12, 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.

Grade 11

Unit/Topic	Title	Time
Unit 1	Advance Skill Development	20
Unit 2	Level 1 Refereeing Clinic	20
Unit 3	Cardio/Strength Fitness to include Plyometrics and Olympic Lifting	40
Unit 4	Advanced Tactical and Technical Skill Development	20
Unit 5	Injury Prevention and Injury Management	10
Unit 6	Nutrition for Athletes	10
	TOTAL HOURS	120

Grade 11

Unit 1: Advanced Skill Development

It is expected that

- Students will be able to perform advance dribbling move, trap a variety of moving balls, pass using a variety of techniques, shoot using strategy strength and skills.
- Develop advanced defending and tackling skills
- Execute advanced strategies with consistency and effectively
- Perfect individual skills under pressure



Unit 2: Level 1 Refereeing Clinic

It is expected that students will

- Attend and pass the BC Soccer Associations Level 1 Referee certification permitting to referee or assistant referee for youth and adult recreational leagues.

Unit 3 Cardio/Strength Fitness to include Plyometrics and Olympic Lifting

It is expected that students will

- Design a basic soccer training program that includes a periodization training schedule.
- Perform Olympic power lifts correctly for explosive speed and power
- Perform plyometric exercises in an efficient manner and understand the correct placement in their workout.

Unit 4 Advanced Tactical and Technical Skill Development

It is expected that students will

- Develop advanced technical and tactical skills as developed in BC Soccer's Training to Train and Fifa Soccer 9
- Be able to analyze and critique others technical and tactical skills and suggest ways to improve
- Learn to be open to correction and constructive criticism given by their peers.

Unit 5 Injury Prevention and Injury Management

It is expected that students will

- Develop strategies to recognize chronic overuse injuries early and begin a rehab program before they are unable to play
- Learn to tape for basic injuries
- Develop good pre-hab exercise routines that help to prevent injury
- Recognize the symptoms of a concussion and be able to utilize the concussion protocols effectively

Unit 6 Nutrition for Athletes

It is expected that students will

- Learn the importance of macro nutrients and how they affect performance
- Assess different weight loss fallacies
- Learn the signs of an unhealthy relationship with food and where help is available



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 Journaled 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).

Students 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 programming as it relates to each student's 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.