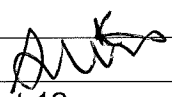




## Board/Authority Authorised Course Framework

<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 12
<b>Course Grade Level</b>	12
<b>Number of Credits</b>	4
<b>Number of Hours of Instruction</b>	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.

**Organized Structure:**

**Grade 12**

Unit/Topic	Title	Time
Unit 1	Level 1 NCCP and Soccer Canada Coaching Certificate	20
Unit 2	Position Responsibilities/Team Systems	20
Unit 3	Functional Movement Assessment for Sport	20
Unit 4	Tactical and Technical Skill Development	20
Unit 5	Volunteer Coaching	20
Unit 6	Mindfulness in Sports	20
	<b>TOTAL HOURS</b>	<b>120</b>

**Unit 1: Level 1 NCCP and Soccer Canada Coaching Certificate**

Students are expected to

- *Participate and complete the NCCP level 1/Soccer Canada Soccer for Life coaching certification*

**Unit 2: Position Responsibilities/Team Systems**

Students are expected to:

- Know and understand the 21 modern soccer system as presented by the premier soccer institute
- Be able to develop plays using a variety of team systems
- Have full understanding of each positions responsibility within each system.



### **Unit 3 Functional Movement Assessment**

Students are expected to:

- Complete the FMA course provided and subsidized by via sport.
- Will be able to complete a FMA test on their peers and utilize the databank of exercise to correct specific deficiencies.

### **Unit 4 Advanced technical and tactical skills**

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

### **Unit 5 Volunteer Coaching**

It is expected that students will

- Engage in a volunteer coaching position for a community soccer team either as an assistant coach or a head coach.

### **Unit 6 Mindfulness in Sport**

It is expected that students will

- Understand the basic concept of visualization in sport
- Utilize meditative practices to deal with stress, anxiety and expectations around sport



## **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).

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.