

**Soccer**  
**PHED 1363****Instructor: Tavius Cheatham**

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**COURSE DESCRIPTION:** Introduction and development of the fundamental skills used in soccer, including ball control, passing and shooting. Introduction to the rules, terminology and etiquette of the game of soccer. Instruction on strategies to be applied within the game of soccer. Sport specific training for increased muscular strength and endurance, flexibility and cardiovascular conditioning.

**COURSE OBJECTIVES** The student will:

- Become proficient in the fundamental skills of soccer in order to participate in, and enjoy, recreational or competitive games.
- Develop greater muscular strength / endurance and improve cardiovascular efficiency.
- Learn proper warm-up and flexibility exercises related to lacrosse and personal fitness.
- Improve knowledge of the rules, terminology and etiquette of soccer.
- Acquire a greater appreciation for soccer and the benefits of life long physical activity.

**COURSE REQUIREMENTS** The student will:

- Adhere to the attendance and lateness policies of the Barnard College Physical Education Department. (Attached)
- Dress in proper athletic attire (sneakers, loose fitting clothing).
- Participate in class fully throughout the semester.
- Assist with the setup and takedown of any class equipment.
- Display good sportsmanship.

**TENTATIVE COURSE SCHEDULE**

Week 1	Orientation/ equipment/ overview and history / ball control
Week 2	Passing / Receiving
Week 3	Passing/ Controlling on the move
Week 4	Shooting/ feeding
Week 5	Defending/ dodging
Week 6	Offensive strategy / fast breaking
Week 7	Game play procedures
Week 8	Team offense / defense
Week 9	Penalty procedures
Week 10	Game play/skill development
Week 11	Game play/skill development
Week 12	Game play/skill development
Week 13	Game play/skill development