

開南大學體育課程上課大綱

表一

The code of the subject	The name of the subject	The instructor	修別	開課年級	credits	hours/week
002010130,03	PE4 soccer	Jenqdong Lin	obligatory	soph	0	2
	time	10:10~12:00 on Friday				
the goal and content of the course	<p>1, the goal of the course</p> <p>(1) to learn the basic skill of playing soccer.</p> <p>(2) to know the tactic of the game</p> <p>(3) to make the students like the game.</p> <p>2, the content of the course</p> <p>(1) introduction and practice of soccer skill.</p> <p>(2) introduction and practice of tactic of soccer game.</p> <p>(3) the appreciation of the game .</p>					
The way of teaching	<p>■lecture ■practice、■discussion、■questioning and answering</p>					
Test and assessment	<p>(1). the skill of playing soccer. 60%</p> <p>(2). the participations, the enthusiasm. 20%</p> <p>(3). cognition of playing soccer. 20%</p>					
參考文獻	<p>Janos Palfai 著，羅叔良，馬武奎，吳治貞譯(1976)。中華民國足球協會。</p> <p>陳政雄(1984)。足球入門。聯經。</p> <p>王世文(1995)。足球技巧入門。文國。</p> <p>American Sport Education Program (2001). Coaching Youth Soccer: technique and tactics. Human kinetics.</p> <p>Danny Mielke (2003). Soccer fundamentals. Human kinetics.</p> <p>National Soccer Coaches Association of America (2004). Human kinetics.</p> <p>Joseph A. Luxbacher (1996). Soccer: steps to success. Human kinetics.</p> <p>Roy Rees & Cor van der Meer (2003). Coaching soccer successfully. Human kinetics.</p>					
Unit title and content of the unit	<p>The introduction and practice of controlling, receiving, dribbling, passing, kicking as well as the game of soccer.</p>					



表二

week	date	The outline of the course	The content of the course
1	3/2	Introduction of the course	Introduction and content of the course and
2	3/9	Control of the ball(I)	Controlling the ball on the spot.
3	3/16	Control of the ball(I)	Controlling the ball on the move.
4	3/23	dribbling	Introduction of dribbling and practice.
5	3/30	dribbling	Dribbling the ball with game.
6	4/6	Receiving the ball	Receiving the ball with medial side of foot, the ball of the foot and thigh.
7	4/13	Receiving the ball	Receiving the ball with chest and head.
8	4/20	Passing ball	The introduction of passing ball and practice.
9	4/27	Passing ball and movement	Passing ball and movement among teammates.
10	5/4	Control of the ball (II)	Learning to control the ball with thigh and head.
11	5/11	heading	The introduction of heading ball and practice
12	5/18	Long passing	The introduction of long passing and practice
13	5/25	勾球	Passing ball from the ground to the air in a short distance
14	6/1	短高球	Kicking ball from the ground to the air in a short distance
15	6/8	game	Use the skills learnt from the ex-weeks to play soccer
16	6/15	game	Use the skills learnt from the ex-weeks to play soccer
17	6/22	game	Use the skills learnt from the ex-weeks to play soccer
18	6/29	exam	Passing & dribbling °

Notice:

1. If you feel uncomfortable or any problem that you can't do exercises, please let me know.
2. The school has regulated the rule that if the student is absent from the class for one third of the classes of the course chosen, he will fail on this course, and we follow the rule.
3. The test and assessment
 - (1). the skill of playing soccer. (passing ball and dribbling)
 - (2). the participations, the enthusiasm
 - (3). cognition of playing soccer

There are two main cognitive subjects concerned.

The first is-- how we pass and kick the ball efficiently
 (the biomechanics of produce larger force and the force translated consuming less energy)

The second is --how we play the game effectively
 (from the observation of France team on the world cup of soccer game at 2006)

 - (1) passing ball is the most important.
 - (2) passing rolling ball (don't let the ball jump).
 - (3) the pass path is all direction, not always the front way.
 - (4) when defending, the distance between you and your playmate should be closer; on the contrary when you are in attack, the distance between member should be wider.
4. the process of one course is to warm up first, then stretch and enter the main course of the class .
5. To borrow the balls before the course begin.
6. Have fun!