



Basic Course Information

Semester:	Spring 2023	Instructor Name:	Hugo Ortega
Course # and Title:	Out of Season Intercollegiate Women's Soccer ATHL 127	Email:	Hugo.ortega@imperial.edu
CRN #:	20469	Webpage (optional):	
Classroom:	Track	Office #:	
Class Dates:	2/13/23-6/9/23	Office Hours:	
Class Days:	M-R	Office Phone #:	
Class Times:	2:45-5:15	Emergency Contact:	
Units:	3	Class Format:	

Course Description

This course is designed to prepare athletes for intercollegiate competition/conditioning and mastering soccer experience for university level competition

Course Prerequisite(s) and/or Corequisite(s)

Student Learning Outcomes

- [1. Perform with an increasing degree of proficiency, the skills and techniques of competitive soccer.](#)
- [2. Increase and improve their physical conditioning for competitive soccer.](#)

Course Objectives

- [1. To develop fundamental soccer skills, physical conditioning, and tactical strategies.](#)
- [2. To understand basic rules and terminology](#)
- [3. To develop and upgrade soccer level for college soccer team.](#)
- [4. To develop sufficient interest in soccer to continue at college and university level.](#)

Textbooks & Other Resources or Links

Course Requirements and Instructional Methods

Download Map my Run from the app store.

Bring both running shoes and soccer cleats to practice.

Course Grading Based on Course Objectives

Your grade is based in three major requirements:

1. Attendance and class participation is (35) percent of grade.
2. Soccer skills and conditioning improvement is (35) percent of grade.
3. Discipline in class and sportsmanship in scrimmage/games is (30) percent of grade.

The grading scale is as follows:

90-100%	A
80-89%	B
70-79%	C
60-69%	D
59% and below	F

Course Policies

Other Course Information

IVC Student Resources

IVC wants you to be successful in all aspects of your education. For help, resources, services, and an explanation of policies, visit <http://www.imperial.edu/studentresources> or click the heart icon in Canvas.

Anticipated Class Schedule/Calendar

[Provide a tentative overview of the readings, assignments, tests, and/or other activities for the duration of the course. A table format as in the example below may be used for this purpose.]

Date or Week	Activity, Assignment, and/or Topic
Week 1 2/13-2/16	Evaluation of student's skills and conditioning
Week 2 2/20-2/23	Physical conditioning
Week 3 & 4 2/27-3/9	Physical conditioning and upgrade soccer skills
Week 5&6 3/13-3/23	Physical conditioning, rule interpretation, tactical skills, and soccer scrimmages
Week 7&8 3/27-4/06	Tactical skills, 4-3-3 system of play, 4-4-2 system of play and 5-3-2 system of play.
Week 9&10 4/10-4/20	Master soccer skills, physical conditioning, tactical strategies for competitive soccer games
Week 11&12 4/24-5/04	Master soccer skills, physical conditioning, and offensive and defensive set plays for college soccer games



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Date or Week	Activity, Assignment, and/or Topic
Week 13&14 5/08-5/18	Physical conditioning, scrimmage, upgrade soccer skills to college level, and tactical skill improvement
Week 15 5/22-5/25	Interpretation of systems of plays of other colleges and master soccer skills
Week 16 5/29-6/08	Evaluation of student's physical improvement, soccer skills, tactical strategies for a competitive game.

*****Subject to change without prior notice*****