



Foras Áiseanna Saothair
Training & Employment Authority

Module Descriptor **Soccer Skills**

Award Type: Minor
Award Level: 3
Award Code: 3N2889
FÁS Assessment Code: 3N2889-044
Validation Date: 22 November 2011

Revision 1.0

Module Descriptor

Purpose: The purpose of this module is to equip the learner with the relevant knowledge, skills and competence to demonstrate basic soccer skills under supervision and to gain awareness of career options in soccer.

Module Duration: The learning effort required from a typical learner to successfully achieve the stated learning outcomes for the module is **100 (one hundred)** hours.

Learning Outcomes: By the end of this module, the learner will be able to:

1. Apply appropriate health, safety and hygiene practices within a team environment
2. Explain the fundamental rules of soccer
3. Describe the role of the various members of a soccer squad to include players, coach and manager
4. Describe career progression pathways in soccer both as a player and coach
5. List the activities used to develop the techniques and skills of a player
6. Demonstrate a correct soccer specific warm up and cool down
7. Demonstrate the key elements and techniques of passing, turning, shooting, heading, crossing, dribbling, tackling and running with a ball
8. Demonstrate the techniques of goalkeeping
9. List the key elements of defending individually and as a team.
10. Apply the key elements of ball retention in a match situation
11. Discuss the key elements involved in conducting a player and match analysis

Key Learning Points

Learning Outcome 1:

Apply appropriate health safety and hygiene practices within a team environment

Key Learning Points

- Health and safety considerations for warming up and cooling down
- Health and safety considerations while playing soccer
- Health and safety considerations in the changing room environment
- Procedures in the event of accidents
- Maintaining personal cleanliness and hygiene after physical exercise
- Injury prevention

Learning Outcome 2:

Explain the fundamental rules of soccer

Key Learning Points

- The basic principles of soccer
- The rules of soccer
- Sanctions
- Impact of sanctions
- Functions of each refereeing official

Learning Outcome 3:

Describe the role of the various members of a soccer squad to include players, coaches and manager

Key Learning Points

- The names and functions of different player positions to include goalkeeper, defender, midfielder and attacker
- Participating in a team
- The general role of a coach
- The general role of a manager

Learning Outcome 4:

Describe career progression pathways in soccer both as a player and coach

Key Learning Points

- Career progression pathways as a player
- Criteria players must meet to progress their career as a player
- Career progression pathways as a coach
- Criteria for working as a coach
- Coaching qualifications
- Planning for a coaching career

Learning Outcome 5:

List the activities used to develop the techniques and skills of a soccer player

Key Learning Points

- Maintaining a healthy diet
- Nutritional replenishment
- Drug and alcohol awareness
- Strength and conditioning activities
- Core work activities
- Activities for developing endurance
- Activities for developing speed
- Activities for developing agility

Learning Outcome 6:

Demonstrate a correct soccer specific warm up and cool down

Key Learning Points

- Identifying importance of warming up and cooling down
- Steps to be followed in a soccer warm up to include ball skills
- Steps to be followed in a cool down not to include ball skills
- Following verbal instructions

Learning Outcome 7:

Demonstrate the key elements and techniques of passing, turning, shooting, heading, crossing, dribbling, tackling and running with a ball

Key Learning Points

- Key elements and techniques of passing, to include short passing, long passing, lofted passing and driven passing
- Key elements and techniques of turning, to include inside of the foot, outside of the foot and sole of the foot turning
- Key elements and techniques of shooting, to include shooting from close distance, angled drives, shooting outside the penalty box
- Key elements and techniques of heading, to include defensive heading and attack heading
- Key elements and techniques of crossing
- Correct areas for crosses to be used
- Key elements and techniques of dribbling
- Key elements and techniques of tackling
- Key elements and techniques of running with the ball

Learning Outcome 8:

Demonstrate the techniques of goalkeeping

Key Learning Points

- Skills needed for effective goalkeeping
- Techniques of goalkeeping

Learning Outcome 9:

List the key elements of defending individually and as a team

Key Learning Points

- Skills and methods for defending individually
- Benefits and drawbacks of defending individually
- Skills and methods for defending as a team
- Benefits and drawbacks of defending as a team

Learning Outcome 10:

Apply the key elements of ball retention in a match situation

Key Learning Points

- Elements of good quality passing, to include weight of the pass, accuracy of the pass, angles of passes, distance of passes and creating space with width and depth
- Where and when to use the different techniques of ball retention, to include options for player on the ball
- Individual skill requirements for effective ball retention, to include decision making
- Team based skill requirements of effective ball retention, to include system of play, movement of players to receive the ball

Learning Outcome 11:

Discuss the key elements involved in conducting a player and match analysis

Key Learning Points

- Correct soccer terminology
- Observing play objectively
- Comparing and contrasting the skills and techniques of teams and players, to include formations and systems of play
- Communicating viewpoint

Assessment Specification

Award Title	Soccer Skills
Award Type	Minor
FÁS Assessment Code	3N2889-044
Award Code:	3N2889
Credit Value :	10

Learning Outcome *	Performance Criteria (Knowledge, Skill & Competence)	Assessment Techniques	Weighting	Assessment Instrument	Assessment Evidence
L01	Knowledge	Portfolio	1%	Activity A1	Activity Sheet
	Competence	Skills Demonstration	4%	Learner's Instructions S1	Assessment Sheet
			4%	Learner's Instructions S2	Assessment Sheet
			4%	Learner's Instructions S3	Assessment Sheet
L02	Knowledge	Portfolio	2%	Exercise E1	Exercise Sheet
			1%	Activity A2	Activity Sheet
L03	Knowledge	Portfolio	1%	Exercise E2	Exercise Sheet
			2%	Activity A3	Activity Sheet
L04	Knowledge	Portfolio	1%	Activity A4	Activity Sheet
			3%	Exercise E3	Exercise Sheet
L05	Knowledge	Portfolio	3%	Exercise E4	Exercise Sheet
L06	Skill & Competence	Skills Demonstration	6%	Learner's Instructions S1	Assessment Sheet
			6%	Learner's Instructions S2	Assessment Sheet
			6%	Learner's Instructions S3	Assessment Sheet
L07	Skill & Competence	Skills Demonstration	20%	Learner's Instructions S1	Assessment Sheet
L08	Skill & Competence	Skills Demonstration	15%	Learner's Instructions S2	Assessment Sheet
L09	Knowledge	Portfolio	2%	Activity A5	Activity Sheet
L10	Skill & Competence	Skills Demonstration	15%	Learner's Instructions S3	Assessment Sheet
L11	Knowledge	Portfolio	1%	Activity A6	Activity Sheet
			2%	Exercise E5	Exercise Sheet
All	Competence	Portfolio	1%	Activity A7	Learner Reflection Sheet
				Activity A8	Learner Reflection Sheet

Suggested Learning Methodologies

- Skills demonstration
- Role play
- Discussion groups
- Videos, DVDs
- Simulated training environment

Specific Module Requirements

- White board
- Colour printer
- Indoor hall
- Grass or astro pitch
- Note pads
- Folders
- Video/DVD player
- Balls, bibs and cones
- Stopwatch
- Gym
- Football strip
- Appropriate footwear and shinguards

Suggested Learning Resources

Websites

www.youtube.com

www.muscleanstrength.com

www.fai.ie

www.soccer-ireland.com

Location of Learning Resources

All of the resources for this module are available in the **Learning Resource Pack for Soccer Skills**, which can be found on the Moodle Community Services Curriculum and Assessment page. You can access the CSCA Moodle web page from the link: <http://www.ecollege.ie/site/home.html>

For a full list of the learning resources and the learning outcomes they address, refer to the Table of Contents in the Learning Resource Pack.

As well as enabling the learner to meet the requirements of the module learning outcomes, the resources contained in this Learning Resource Pack address the development of the learner's generic skills as outlined in the following section.

Generic Skills

Literacy

The learners will maintain a **Learning Diary** throughout the programme in order to record and file any useful and relevant information on any aspect of Soccer Skills and to keep a record of the topics, learning and activities covered each day. Consistent completion of the Learner Diary will assist students to complete reflective tasks as part of assessment.

At the end of every week the learners will complete a short **Weekly Reflective Sheet** in order to reflect on their learning and progress during that week. The Learning Diary can be used as a reference for the learner when filling out the Weekly Reflective Sheet, as well as the Mid and End of Course Reflections Activity A7 and Activity A8 in the Assessment Instrument Specification (AIS).

The learners will create a **Personal Dictionary** of new words, key words and terms relating to Soccer Skills. This Dictionary will be updated each week and kept in the Learning Diary, and will assist learners in the spelling of words associated with the module.

The learners, as a group, will also add words and terms relating to Soccer Skills to a **Key Word and Terminology Bank** in the classroom. The learners will find words in text books, class notes, internet websites and any other relevant sources used.

The learners will complete **Wordsearches**, **Crosswords** and a **Word Puzzle**. Learners will also develop their own word searches and crossword(s), using their **Personal Dictionaries**, the **Key Word and Terminology Bank** and their **Learning Diaries**.

Numeracy

Learners will develop their numeracy skills in exercises such as the **Crosswords**, **Word Puzzle** and the **Systems of Play** exercise.

Teamwork

Learners will discuss the importance of teamwork with the instructor using the **Teamwork Guide**, located at the back of the Learning Resource Pack.

Learners will take part in a number of **Teamwork Exercises** by designing, planning and carrying out a project which will incorporate group discussions. The learners will complete the **Team Review Sheet** after completing each Teamwork Exercise.

Communication

Good communication is an integral part of playing in a soccer team. The learning resources support this by encouraging the learners to engage with each other and the instructor. All of the resources in the Learning Resource Pack will help learners improve written communication skills, while the **Teamwork Exercises** will enable learners to practice their verbal communication and listening skills.

Recommended by: _____
Manager Training Policy Development and Support

Approved by: _____
Director Training Policy Development and Support