

# The Chinese University of Hong Kong P.E. Unit

## Soccer Course Content (Men)

Week	1 <sup>st</sup> Lesson	2 <sup>nd</sup> Lesson
<b>1</b>	<ol style="list-style-type: none"> <li>1. Guide to Students</li> <li>2. Course Description</li> <li>3. Filling the Health Related Questionnaire</li> </ol>	<ol style="list-style-type: none"> <li>1. Introduce Common Ways for Soccer Warmup</li> <li>2. Ball Feeling, Run with Ball and Dribbling</li> <li>3. 1 vs 1 Games</li> </ol>
<b>2</b>	<ol style="list-style-type: none"> <li>1. Ball Feeling and Run with Ball Warmup</li> <li>2. Dribbling Exercise</li> <li>3. Protecting the Ball</li> </ol>	<ol style="list-style-type: none"> <li>1. 1 vs 1 at Different Situation (Front, Back, Side)</li> <li>2. 1 vs 1 with Support</li> <li>3. Small-sided Games</li> </ol>
<b>3</b>	<ol style="list-style-type: none"> <li>1. Passing and Receiving (Inside foot, Instep)</li> <li>2. Controlling (Thigh, Instep, Chest)</li> <li>3. Applied Protecting Ball at Receiving &amp; Controlling</li> </ol>	<ol style="list-style-type: none"> <li>1. Passing and Receiving at Move</li> <li>2. First Touch / Two Touch of Ball</li> <li>3. Passing and Support</li> <li>4. Small-sided Games</li> </ol>
<b>4</b>	<ol style="list-style-type: none"> <li>1. Revision of Passing and Receiving</li> <li>2. Revision of Pass and Support (3 vs 1)</li> <li>3. Ball Possession (6 vs 2, 5 vs 3)</li> <li>4. Conditional Games</li> </ol>	<ol style="list-style-type: none"> <li>1. Concept of Space (Depth and Width)</li> <li>2. Creating Space</li> <li>3. Conditional Games (Attack Base Line, Two Sides)</li> <li>4. Small-sided Games</li> </ol>
<b>5</b>	<ol style="list-style-type: none"> <li>1. Dribbling and Controlling Warmup</li> <li>2. Shooting and Heading</li> <li>3. Basic Goalkeeping Technique</li> <li>4. Shooting Games</li> </ol>	<ol style="list-style-type: none"> <li>1. Individual Defense (Footwork and Tackle)</li> <li>2. Defense Principle and Concept (Pressure)</li> <li>3. 2 vs 2, 3 vs 3 Practice</li> <li>4. Small-sided Games</li> </ol>
<b>6</b>	<ol style="list-style-type: none"> <li>1. Passing and Receiving Warmup</li> <li>2. Long Passing and Finishing</li> <li>3. Corner Kick Tactic</li> </ol>	<ol style="list-style-type: none"> <li>1. Overlapping Attack</li> <li>2. Counter-attack</li> <li>3. Tactics Application and Match</li> </ol>
<b>7</b>	<ol style="list-style-type: none"> <li>1. Throw In</li> <li>2. Direct and Indirect Free Kicks</li> </ol>	<ol style="list-style-type: none"> <li>1. Wall Attack</li> <li>2. Tactics Application and Match</li> </ol>
<b>8</b>	<ol style="list-style-type: none"> <li>1. Defense Games Warmup (Footwork)</li> <li>2. Defense Concept (Man Mark and Zone)</li> <li>3. Trap and Covering</li> </ol>	<ol style="list-style-type: none"> <li>1. Introduction of Players' Positions and Roles</li> </ol>
<b>9</b>	<ol style="list-style-type: none"> <li>1. Penalty Kicks</li> <li>2. Introduction of Rules -- Offside</li> </ol>	<ol style="list-style-type: none"> <li>1. Start of the Games (Kick-off)</li> <li>2. Introduction of 7-a-side Soccer Formations and Regulations</li> </ol>
<b>10</b>	<ol style="list-style-type: none"> <li>1. Revision of Different Football Skills</li> <li>2. Introduction of Game Zone (Attacking, Middle &amp; Defending third)</li> </ol>	<ol style="list-style-type: none"> <li>1. Revision of Different Football Tactics</li> <li>2. Introduction of 11-a-side Soccer Formations and Regulations</li> </ol>
<b>11</b>	Match and Revision	Match and Revision
<b>12</b>	Examination	Examination
<b>13</b>	Examination	Examination and Course Evaluation

# The Chinese University of Hong Kong P.E. Unit

## Soccer Course Content (Women)

Week	1 <sup>st</sup> Lesson	2 <sup>nd</sup> Lesson
<b>1</b>	<ol style="list-style-type: none"> <li>1. Guide to Students</li> <li>2. Course Description</li> <li>3. Filling the Health Related Questionnaire</li> </ol>	<ol style="list-style-type: none"> <li>1. Introduce Common Ways for Soccer Warmup</li> <li>2. Ball Sense and Ball Pass – Short Passes</li> <li>3. Ball Trapping and Controlling – Ground Balls</li> </ol>
<b>2</b>	<ol style="list-style-type: none"> <li>1. Revision of Short Passes and Ground Balls</li> <li>2. Ball Trapping and Controlling – Half Turn</li> </ol>	<ol style="list-style-type: none"> <li>1. Revision of Half Turn</li> <li>2. 2-man Passing (Supporting Teammates)</li> <li>3. Supporting (Monkey Ball)</li> </ol>
<b>3</b>	<ol style="list-style-type: none"> <li>1. Revision of 2-man Passing (Supporting Teammates)</li> <li>2. Basic Shooting Techniques (Set / Running Plays)</li> <li>3. Small-sized Games</li> </ol>	<ol style="list-style-type: none"> <li>1. Revision of Shooting Techniques (Set / Running Plays)</li> <li>2. Shooting (Application of Supporting)</li> <li>3. Small-sized Games</li> </ol>
<b>4</b>	<ol style="list-style-type: none"> <li>1. Basic Dribbling</li> <li>2. Dribbling (Change in Speed and Direction)</li> <li>3. Small-sized Games</li> </ol>	<ol style="list-style-type: none"> <li>1. Revision of Dribbling (Change in Speed and Direction)</li> <li>2. Basic Heading Technique</li> <li>3. Small-sized Games</li> </ol>
<b>5</b>	<ol style="list-style-type: none"> <li>1. Throw-in Technique (without / with Defenders)</li> <li>2. Small-sized Games</li> </ol>	<ol style="list-style-type: none"> <li>1. Introduction of Basic Goalkeeper's Skills</li> <li>2. Small-sized Games</li> </ol>
<b>6</b>	<ol style="list-style-type: none"> <li>1. Introduction of Players' Positions and Roles</li> <li>2. Small-sized Games</li> </ol>	<ol style="list-style-type: none"> <li>1. Introduction of Defense (individual technique)</li> <li>2. Small-sized Games</li> </ol>
<b>7</b>	<ol style="list-style-type: none"> <li>1. Introduction of Defense (Marking and Zonal Defense)</li> <li>2. Small-sized Games</li> </ol>	<ol style="list-style-type: none"> <li>1. Introduction of 7-a-side Soccer Formation and Regulations</li> <li>2. 7-a-side Games</li> </ol>
<b>8</b>	<ol style="list-style-type: none"> <li>1. Corner (without / with Defenders)</li> <li>2. Penalty Kicks</li> </ol>	<ol style="list-style-type: none"> <li>1. Introduction of 11-a-side Soccer Formations and Regulations</li> <li>2. 11-a-side Games</li> </ol>
<b>9</b>	<ol style="list-style-type: none"> <li>1. Introduction of Rule -- Offside</li> <li>2. Match</li> </ol>	<ol style="list-style-type: none"> <li>1. Introduction of Direct and Indirect Free Kicks</li> <li>2. Match</li> </ol>
<b>10</b>	<ol style="list-style-type: none"> <li>1. Start of the Games (Kick-off)</li> <li>2. Games</li> </ol>	<ol style="list-style-type: none"> <li>1. Revision of Different Ball Playing Skills</li> <li>2. Games</li> </ol>
<b>11</b>	Match and Revision	Match and Revision
<b>12</b>	Examination	Examination
<b>13</b>	Examination	Examination and Course Evaluation