

The Chinese University of Hong Kong P.E. Unit

Soccer Course Content (Men)

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

The Chinese University of Hong Kong P.E. Unit

Soccer Course Content (Women)

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