



GRADE 10

Soccer 10

SD37 Delta

The objective of Soccer 10 is to provide a formal soccer-training program within the academic setting of the school. Students will receive outstanding instruction in an environment that is committed to athlete long-term development from qualified coaches and teachers. Students will improve their skills and fitness through a variety of physical activities.

Credits: 4

Approval Date: Jun 2018

Hours: 120

Trax Code: YHRA

GOALS AND RATIONALE

High performing youth soccer players face tremendous time management challenge in balancing their soccer and academic demands. This course, offered within the school setting, will address the academic and athletic needs of students who either play or desire to play at a high level. The opportunity to train under the supervision of a highly qualified, sport specific coach is critical to one's success.

BIG IDEAS

*Daily participation in physical activity promotes a healthy lifestyle *Organizations are much more likely to do well when their people work and communicate effectively as a team *Active living helps to increase skills in concentration, persistence and self-discipline *Building physical strength and endurance can increase confidence, self-esteem and help reduce anxiety

ADDITIONAL INFORMATION

Students will receive sport science instruction including fitness, nutrition, strength training, sports physiology and mental training, utilizing a variety of experts. Students will also be presented with opportunities to complete coaching, officiating, and first aid certifications.