



GRADE 12

Soccer 12

SD23 Central Okanagan

The Soccer 12 course will provide students with an intermediate to advanced level of soccer training, theory & practical experience. The fitness aspect of the course will include the 'FIFA' (soccer's international governing body) warm up which is designed specifically for injury prevention while playing soccer. Furthermore, a variety of core & strengthening activities related to soccer movements will be part of the daily training. The program will introduce the athletes to a variety of movements

Credits: 4

Approval Date: Oct 2021

Hours: 120

Trax Code: YLRA

GOALS AND RATIONALE

The goal & rationale of the Soccer 12 course is to provide students with the opportunity to train & work at a high level during the regular school day. Many students do not have the financial resources to train at higher levels in the community due to the high cost of afterschool community club programs. The Soccer 12 program gives students the opportunity to follow a passion & love for the game of soccer which will hopefully be part of a healthy lifestyle well into their future.

BIG IDEAS

Technical & tactical development are essential to sport specific training. Positive sport culture will enhance communication, leadership, teamwork, fair play & contribute to personal growth. Sport specific training can help develop an appreciation for physical activity as part of a healthy lifestyle. Improving overall fitness will support athletic development.

ADDITIONAL INFORMATION

This course is the first of three courses that makes up the Soccer Academy Program offered in the Central Okanagan School Districts