



**Universitas Negeri Surabaya**  
**Faculty of Sports and Health Sciences,**  
**Bachelor of Physical Education, Health & Recreation Study Program**

Document Code

## SEMESTER LEARNING PLAN

<b>Courses</b>	<b>CODE</b>	<b>Course Family</b>	<b>Credit Weight</b>	<b>SEMESTER</b>	<b>Compilation Date</b>																																																				
Basic Soccer Skills	8520102070	Compulsory Study Program Subjects	T=2 P=0 ECTS=3.18	3	April 30, 2023																																																				
<b>AUTHORIZATION</b>		<b>SP Developer</b>	<b>Course Cluster Coordinator</b>	<b>Study Program Coordinator</b>																																																					
		Mochamad Ridwan, S.Pd.,M.Pd	Prof. Dr. Drs. Abdul Rachman Syam Tuasikal. M.Pd	Dr. Mochamad Ridwan, S.Pd., M.Pd.																																																					
<b>Learning model</b>	Case Studies																																																								
<b>Program Learning Outcomes (PLO)</b>	PLO study program that is charged to the course																																																								
	Program Objectives (PO)																																																								
	PO - 1	Students are able to understand, analyze and have the courage to try doing basic floor exercise movements and practice them in the form of simple sequences by preparing various safety equipment																																																							
	PLO-PO Matrix																																																								
	<table border="1" style="margin-left: 20px;"> <tr> <td style="width: 100px;">P.O</td> <td colspan="16"></td> </tr> <tr> <td>PO-1</td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> </table>					P.O																	PO-1																																		
P.O																																																									
PO-1																																																									
PO Matrix at the end of each learning stage (Sub-PO)																																																									
<table border="1" style="margin-left: 20px;"> <tr> <td rowspan="2" style="width: 100px;">P.O</td> <td colspan="16">Week</td> </tr> <tr> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td> </tr> <tr> <td>PO-1</td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> </table>					P.O	Week																1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	PO-1																			
P.O	Week																																																								
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16																																									
PO-1																																																									
<b>Short Course Description</b>	Understanding and mastery of basic football theory and practice including history, Indonesian football concepts, basic game activity techniques and football game rules.																																																								
<b>References</b>	<b>Main :</b>																																																								
	<ol style="list-style-type: none"> <li>1. Danny Mielke. 2007. <i>Dasar-dasar Sepakbola</i>. Bandung : Pakar Pustaka.</li> <li>2. Tom Fleck dan Ron Quinn . 2007. <i>Panduan Latihan Sepakbola Andal</i> . Jakarta : Sunda Kelapa Pustaka.</li> <li>3. Robert Koger. 2007. <i>Latihan Dasar Andal Sepakbola Remaja</i> . Klaten : Saka Mitra Kompetensi.</li> <li>4. Sam Snow. 2011. <i>Coaching Youth Soccer fifth edition</i> : Human Kinetic.</li> <li>5. Peter Hyballa. 2012. <i>Dutch Secret Soccer</i> . British Library Cataloguing.</li> <li>6. Jay Miller. 2014. <i>Attacking Soccer</i> : Human Kinetic.</li> </ol>																																																								
	<b>Supporters:</b>																																																								
<ol style="list-style-type: none"> <li>1. Baumgart, C. et al. Effects of Static Stretching and Playing Soccer on Knee Laxity. <i>Clinical Journal of Sport Medicine</i>. 2015; 0(0):1–5.</li> <li>2. Supriadi, A. Hubungan Koordinasi Mata-Kaki Terhadap Keterampilan Menggiring Bola Pada Permainan Sepakbola. <i>Jurnal Ilmu Keolahragaan</i>. 2015; 14(1):1–14</li> <li>3. Giordano, L. et al. Dribbling in football: Confronting learning theories. <i>Journal of Human Sport and Exercise</i>. 2019;14(Proc2):S228–S232</li> </ol>																																																									
<b>Supporting lecturer</b>	Nanang Indriarsa, S.Pd., M.Psi.T. Dr. Mochamad Ridwan, S.Pd., M.Pd.																																																								
<b>Week-</b>	<b>Final abilities of each learning stage (Sub-PO)</b>	<b>Evaluation</b>		<b>Help Learning, Learning methods, Student Assignments, [ Estimated time]</b>		<b>Learning materials [ References ]</b>	<b>Assessment Weight (%)</b>																																																		
		<b>Indicator</b>	<b>Criteria &amp; Form</b>	<b>Offline ( offline )</b>	<b>Online ( online )</b>																																																				
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)																																																		

1	Explains the theory, history and development patterns of national football	- Explains the theory and history of national football. Explain the pattern of national football development	<b>Criteria:</b> score 4 if done very well score 3 if done well score 2 if done fairly score 1 if not done  <b>Form of Assessment :</b> Participatory Activities, Tests	Lectures, discussions, assignments, questions and answers, and 2 X 50 presentations		<b>Material:</b> Theory, history and patterns of development of national football <b>Reader:</b> Danny Mielke. 2007. <i>Football Basics. Bandung: Library Expert.</i>	8%
2	Explains the theory, history and development patterns of national football	- Explains the theory and history of national football. Explain the pattern of national football development	<b>Criteria:</b> score 4 if done very well score 3 if done well score 2 if done fairly score 1 if not done  <b>Form of Assessment :</b> Participatory Activities, Tests	Lectures, discussions, assignments, questions and answers, and 2 X 50 presentations		<b>Material:</b> Theory, history and patterns of development of national football <b>Reader:</b> Danny Mielke. 2007. <i>Football Basics. Bandung: Library Expert.</i>	8%
3	Explain the rules of the game of football	1. Identify the rules of the game of football 2. Explain the rules of the game of football	<b>Criteria:</b> score 4 if done very well score 3 if done well score 2 if done fairly score 1 if not done  <b>Form of Assessment :</b> Participatory Activities	lectures, discussions, questions and answers and presentations 4 X 50		<b>Material:</b> Football game rules <b>Reader:</b> Robert Koger. 2007. <i>Reliable Basic Training for Youth Football . Klaten : Saka Competency Partner.</i>	8%
4	Explain the rules of the game of football	1. Identify the rules of the game of football 2. Explain the rules of the game of football	<b>Criteria:</b> score 4 if done very well score 3 if done well score 2 if done fairly score 1 if not done  <b>Form of Assessment :</b> Participatory Activities	lectures, discussions, questions and answers and presentations 4 X 50		<b>Material:</b> Football game rules <b>Reader:</b> Jay Miller. 2014. <i>Attacking Soccer : Human Kinetics.</i>	5%
5	Practicing and analyzing basic football techniques	1.1. Practicing basic football techniques 2.2. Analyze the basic techniques of football	<b>Criteria:</b> score 4 if done very well score 3 if done well score 2 if done fairly score 1 if not done  <b>Form of Assessment :</b> Participatory Activities	questions and answers, demonstrations, tactical approaches and 6 X 50 assignments		<b>Material:</b> Basic football techniques <b>Reader:</b> Tom Fleck and Ron Quinn. 2007. <i>Reliable Soccer Training Guide . Jakarta: Sunda Kelapa Library.</i>	5%
6	Practicing and analyzing basic football techniques	1. Practicing basic football techniques 2. Analyzing basic football techniques	<b>Criteria:</b> score 4 if done very well score 3 if done well score 2 if done fairly score 1 if not done  <b>Forms of Assessment :</b> Participatory Activities, Portfolio Assessment, Tests	questions and answers, demonstrations, tactical approaches and 6 X 50 assignments		<b>Material:</b> Basic football techniques <b>Reader:</b> Danny Mielke. 2007. <i>Football Basics. Bandung: Library Expert.</i>	5%
7	Practicing and analyzing basic football techniques	1.1. Practicing basic football techniques 2.2. Analyze the basic techniques of football	<b>Criteria:</b> score 4 if done very well score 3 if done well score 2 if done fairly score 1 if not done  <b>Form of Assessment :</b> Participatory Activities, Portfolio Assessment	questions and answers, demonstrations, tactical approaches and 6 X 50 assignments		<b>Material:</b> Basic football techniques <b>Reader:</b> Jay Miller. 2014. <i>Attacking Soccer : Human Kinetics.</i>	5%
8	Students can understand and practice meetings 1-7	score 4 if done very well score 3 if done well score 2 if done fairly score 1 if not done	<b>Criteria:</b> Criteria: Test Form: Written test  <b>Form of Assessment :</b> Participatory Activities	midterm exam 2 X 50		<b>Material:</b> UTS <b>Library:</b> Supriadi, A. <i>The Relationship between Eye-Foot Coordination and Dribbling Skills in Football Games. Journal of Sports Science. 2015; 14(1):1-14</i>	8%
9	Practicing and analyzing basic football techniques	1. Practicing basic football techniques 2. Analyzing basic football techniques.	<b>Criteria:</b> score 4 if done very well score 3 if done well score 2 if done fairly score 1 if not done  <b>Forms of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment, Practical Assessment	Questions and answers, demonstrations, tactical approaches and 4 X 50 assignments		<b>Material:</b> Basic football techniques <b>Reader:</b> Sam Snow. 2011. <i>Coaching Youth Soccer fifth edition : Human Kinetic.</i>	5%

10	Practicing and analyzing basic football techniques	1. Practicing basic football techniques 2. Analyzing basic football techniques.	<b>Criteria:</b> score 4 if done very well score 3 if done well score 2 if done fairly score 1 if not done  <b>Forms of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment, Practical Assessment, Practical / Performance, Test	Questions and answers, demonstrations, tactical approaches and 4 X 50 assignments		<b>Material:</b> Basic football techniques <b>Reference:</b> <i>Giordano, L. et al. Dribbling in football: Confronting learning theories. Journal of Human Sport and Exercise. 2019;14(Proc2):S228–S232</i>	5%
11	Practicing and analyzing basic football techniques	1.1. Practicing basic football techniques 2.2. Analyze the basic techniques of football	<b>Criteria:</b> score 4 if done very well score 3 if done well score 2 if done fairly score 1 if not done  <b>Form of Assessment :</b> Participatory Activities	Demonstrations, tactical approaches, questions and answers and assignments. 6 X 50		<b>Material:</b> Basic football techniques <b>Reference:</b> <i>Supriadi, A. The Relationship between Eye-Foot Coordination and Dribbling Skills in Football Games. Journal of Sports Science. 2015; 14(1):1–14</i>	8%
12	Practicing and analyzing basic football techniques	1.1. Practicing basic football techniques 2.2. Analyze the basic techniques of football	<b>Criteria:</b> score 4 if done very well score 3 if done well score 2 if done fairly score 1 if not done  <b>Form of Assessment :</b> Participatory Activities, Portfolio Assessment	Demonstrations, tactical approaches, questions and answers and assignments. 6 X 50		<b>Material:</b> Basic football techniques <b>Reader:</b> <i>Jay Miller. 2014. Attacking Soccer : Human Kinetics.</i>	8%
13	Practicing and analyzing basic football techniques	1.1. Practicing basic football techniques 2.2. Analyze the basic techniques of football	<b>Criteria:</b> score 4 if done very well score 3 if done well score 2 if done fairly score 1 if not done  <b>Form of Assessment :</b> Participatory Activities, Practice/Performance	Demonstrations, tactical approaches, questions and answers and assignments. 6 X 50		<b>Material:</b> Basic football techniques <b>Reader:</b> <i>Sam Snow. 2011. Coaching Youth Soccer fifth edition : Human Kinetic.</i>	5%
14	Practicing and analyzing basic football techniques	- Analyze basic football techniques.	<b>Criteria:</b> score 4 if done very well score 3 if done well score 2 if done fairly score 1 if not done  <b>Form of Assessment :</b> Participatory Activities	Demonstrations, tactical approaches, questions and answers and assignments. 4 X 50		<b>Material:</b> Basic football techniques <b>Reader:</b> <i>Sam Snow. 2011. Coaching Youth Soccer fifth edition : Human Kinetic.</i>	4%
15	Practicing and analyzing basic football techniques	evaluation of meetings 1-14	<b>Criteria:</b> score 4 if done very well score 3 if done well score 2 if done fairly score 1 if not done  <b>Forms of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment, Practical Assessment, Practical / Performance, Test	Demonstrations, tactical approaches, questions and answers and assignments. 4 X 50		<b>Material:</b> Basic football techniques <b>Reference:</b> <i>Baumgart, C. et al. Effects of Static Stretching and Playing Soccer on Knee Laxity. Clinical Journal of Sports Medicine. 2015; 0(0):1–5.</i>	5%
16	UAS	score 4 if done very well score 3 if done well score 2 if done fairly score 1 if not done	<b>Criteria:</b> Criteria: Test Form: Written test  <b>Forms of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment, Practical Assessment, Practical / Performance	Final Semester Exam 2x50		<b>Material:</b> UAS <b>Reader:</b> <i>Danny Mielke. 2007. Football Basics. Bandung: Library Expert.</i>	8%

#### Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
1.	Participatory Activities	61.6%
2.	Project Results Assessment / Product Assessment	4.93%
3.	Portfolio Assessment	11.43%
4.	Practical Assessment	4.93%
5.	Practice / Performance	5.76%

6.	Test	11.33%
		99.98%

#### Notes

1. **Learning Outcomes of Study Program Graduates (PLO - Study Program)** are the abilities possessed by each Study Program graduate which are the internalization of attitudes, mastery of knowledge and skills according to the level of their study program obtained through the learning process.
2. **The PLO imposed on courses** are several learning outcomes of study program graduates (CPL-Study Program) which are used for the formation/development of a course consisting of aspects of attitude, general skills, special skills and knowledge.
3. **Program Objectives (PO)** are abilities that are specifically described from the PLO assigned to a course, and are specific to the study material or learning materials for that course.
4. **Subject Sub-PO (Sub-PO)** is a capability that is specifically described from the PO that can be measured or observed and is the final ability that is planned at each learning stage, and is specific to the learning material of the course.
5. **Indicators for assessing** ability in the process and student learning outcomes are specific and measurable statements that identify the ability or performance of student learning outcomes accompanied by evidence.
6. **Assessment Criteria** are benchmarks used as a measure or measure of learning achievement in assessments based on predetermined indicators. Assessment criteria are guidelines for assessors so that assessments are consistent and unbiased. Criteria can be quantitative or qualitative.
7. **Forms of assessment:** test and non-test.
8. **Forms of learning:** Lecture, Response, Tutorial, Seminar or equivalent, Practicum, Studio Practice, Workshop Practice, Field Practice, Research, Community Service and/or other equivalent forms of learning.
9. **Learning Methods:** Small Group Discussion, Role-Play & Simulation, Discovery Learning, Self-Directed Learning, Cooperative Learning, Collaborative Learning, Contextual Learning, Project Based Learning, and other equivalent methods.
10. **Learning materials** are details or descriptions of study materials which can be presented in the form of several main points and sub-topics.
11. **The assessment weight** is the percentage of assessment of each sub-PO achievement whose size is proportional to the level of difficulty of achieving that sub-PO, and the total is 100%.
12. TM=Face to face, PT=Structured assignments, BM=Independent study.