國立台灣科技大學 114學年 第2學期　課程大綱

Spring 2026 NTUST Course Outline

授課教師：蔡尚明

Instructor:TSAI SHANGMING

課程名稱：體育(足球)(下)

Course Title：Physical Education (Soccer) (II)

2026/11/3

課程代號： PE128B052 Course Code 學分數： 0 Credits	必選修：必修/全學年 Required/Electve:Required/Full Yr. 先修課程： Prerequisites
節次教室： F6() F7() Time/Location	
專業核心能力： Core Professional Competencies	
課程網址： Course Website	https://www.facebook.com/groups/680115117084047
課程宗旨： Course Objectives	課程內容包含：球感、停（控）球、踢（傳）球、頭頂球、守門員技術、運球、假動作、護球、搶球、擲界外球、射門、攻防戰術、規則介紹、比賽。視學習者之程度調整課程內容進度。 The course includes the training of ball sense, stopping, passing, heading, skills of goalkeeper, dribble, feint, protecting, tackle, throwing, and shooting. There are also the introduction to the rules and tactics, and then the game practice. The process would be adjusted according to the proficiency of learners.
課程大綱： Outline of Lectures	

1.課程內容、足球場地、設備、運動傷害預防等簡介
Introduction to course content, football fields, equipment, sports injury prevention, etc.
傳球、運球介紹、練習，團體遊戲
2.上週課程複習、腿、腳背及腳底控停球介紹、練習
Revision of last week lesson, introduction and practice of legs, feet and sole control and stop the ball
3.腳內側、腳背射門介紹、練習
Introduction and practice of side foot kick, instep drive kicks
4.課程複習、各部位控停球介紹、練習
Course revision, Introduction of various ball control skills,
5.課程複習、各部位控停球介紹、練習、盤運攻防遊戲比賽
Course review, introduction and practice of ball control and stopping for each part of the body, dribbling and attacking/defending game matches.
6.課程複習、頭頂球介紹、練習，分組對抗賽。
Course review, introduction to heading the ball, practice, and group competition.
7.台灣足球賽事賞析，節奏與跳躍式熱身，2對2對抗賽。
Appreciation of Taiwanese football matches, rhythm and jumping warm-up, 2-on-2 match.
8.課程複習、傳接球介紹、練習、三對一攻防遊戲比賽
Course revision, Introduction and practice of passing, three on one attack and defense games
9.足球運動相關肌力協調訓練介紹、練習，分組對抗賽。
Introduction and practice of soccer related muscle coordination training
10.綜合練習：傳球跑位、交叉傳球練習，對抗賽。
Comprehensive exercise: passing and positioning, soccer crossing drills
11.八人制、五人制足球規則介紹、模擬比賽
Introduction to eight-a-side and five-a-side football rules and simulated games
12.綜合練習、長、短傳球技術介紹、練習，對抗賽。
Comprehensive exercise: long and short passing drills and practice
13.1對1個人進階護球盤運動作
1 on 1 individual advanced ball guarding and dribbling exercises
14.十一人制足球規則介紹、模擬比賽，腳背內側定點射門測驗
Introduction of eleven-a-side rules and regulation, simulation games
15.七人、十一人制對抗賽，盤運球或挑球測驗
Seven-a-side, eleven-a-side tournaments.Dribble or pick-up test
16. 鼓勵自主學習，國內外足球賽事賞析
Encourage independent learning, watch domestic and foreign football matches

授課方式： Method of Instruction	講授 Lecture：0% 分組討論 Group discussion：0% 案例研討 Case study：0% 操做練習 Practical exercises：0% 講授 Lecture：出席50%，期末作業50%%
教科書： Textbooks	https://www.facebook.com/reel/1084089940260576
參考書目： References	https://youtu.be/uJFFNNdiqAs https://www.youtube.com/shorts/QPyr7x5ElTM
修課須知： Notice	
評量方式： Grading	
備註說明： Notes	