

**I. CATALOG DESCRIPTION:**

- A. Department Information:  
Division: Physical Education, Athletics & Health  
Department: N/A  
Course ID: PE-T 120X4  
Course Title: Team Sports Activities: Softball  
Units: 1  
Lecture: None  
Lab: 3 hours  
Prerequisite: None

B. Catalog and Schedule Description:

Instruction in the skills, techniques, strategies, etiquette and rules of softball at beginning, low intermediate, high intermediate and advance levels of performance. Students will improve their overall physical fitness and develop carryover skills.

**II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: Four**

**III. EXPECTED OUTCOMES FOR STUDENTS:**

- A. On successful completion of level one of this course, the student should be able to:
2. Demonstrate beginning level skills in the sport of softball
  3. Demonstrate knowledge of basic softball rules
  4. Demonstrate knowledge of basic safety standards in game of softball
  5. Perform warm-up and cool-down exercises for softball
  6. Identify differing roles related to positions on field
- B. On successful completion of level two of this course, the student should be able to:
2. Demonstrate low intermediate level skills in the game of softball
  3. Explain facility preparation procedures
  4. Set up and break down practice and game equipment
  5. Demonstrate knowledge of all softball rules
  6. Identify differing roles of players throughout batting order
- C. On successful completion of level three of this course, the student should be able to:
2. Demonstrate high intermediate level skills in the game of softball
  3. Describe specialized warm-up and cool-down exercises
  4. Demonstrate proper fielding technique for all defensive positions
  5. Compare and contrast differing offensive and defensive styles of play
- D. On successful completion of level four of this course, the student should be able to:
2. Demonstrate advanced level skills in the game of softball
  3. Design a batting order to achieve optimum team performance
  4. Lead a group discussion on defensive positioning
  5. Lead a group discussion on offensive strategies

**IV. CONTENT:**

- A. Hitting techniques
1. Hit and run
  2. Slap hit
- B. Infield techniques
1. Force and tag plays
  2. Run downs and pickles
  3. Pop ups
  4. Ground balls
- C. Outfield techniques

1. Backing up infielders
2. Over the shoulder fly balls
3. Distance throwing
- D. Pitching
  1. Curve
  2. Drop
  3. Rise
  4. Change up
  5. Fastball
- E. Bunting
  1. Slap bunt
  2. Drag bunt
  3. Sacrifice bunt
  4. Suicide squeeze
- F. Baserunning
  1. Leading off
  2. Tagging up
  3. Rounding the bases
  4. Stealing a base
- G. Offensive strategies
  1. Hit and run
  2. Stealing
  3. Bunting
- H. Defensive strategies
  1. Double plays
  2. Bunt coverages
  3. Relays
  4. Cutoffs
  5. Steal coverages
  6. Infield fly rule
- I. Rules

**V. METHODS OF INSTRUCTION:**

- A. Demonstration
- B. Discussion
- C. Observation
- D. Films and videos

**VI. TYPICAL ASSIGNMENTS:**

- A. Complete a 25 question partner graded quiz and evaluate results with partner
- B. Read and critique an article on offensive strategy
- C. Practical test: with a partner, field 10 ground balls and 10 fly balls scoring 1 point for each ball caught.

**VII. EVALUATION:**

- A. Methods of Evaluation:
  1. Methods of evaluation for first semester students
    - a) Skill tests – form analysis in three basic skills
    - b) Written assignments on basic rules and techniques
    - c) Written final exam
  2. Methods of evaluation for second semester students
    - a) Skill tests – form analysis in five basic skills
    - b) Written assignments on basic team offense and defense

- c) Written final exam
  - 3. Methods of evaluation for third semester students
    - a) Skill tests – form analysis in three advanced techniques
    - b) Written assignments on advanced rules and techniques
    - c) Written final exam
  - 4. Methods of evaluation for fourth semester students
    - a) Skill tests – form analysis in five advanced techniques
    - b) Written assignments on advanced team offense and defense
    - c) Written final exam
- B. Frequency of Evaluation:
  - 1. Weekly skills testing
  - 2. Written assignments every 4-5 weeks
  - 3. Final exam at end of semester
- C. Typical exam questions:
  - 1. Differentiate between a sacrifice bunt to 3<sup>rd</sup> base and a drag bunt to 1<sup>st</sup> base
  - 2. Diagram the defense team for a dead-pull hitter.

**VII. TYPICAL TEXT(S):**

Joseph, Jacquie, Defensive Softball Drills. Human Kinetics, Champaign, Ill, 1998.  
Nitz, Kristin Wolden. Fundamental Softball. Learner Publications, Minneapolis, 1997.  
Veroni, Kathy J., Coaching Fastpitch Softball Successfully. Human Kinetics, Champaign, IL, 1998.

**IX. OTHER SUPPLIES REQUIRED OF STUDENTS:** Glove and cleats