

**I. COURSE INFORMATION**

- A. Health and Physical Education 127 Fundamentals of Softball
- B. 3 credit hours
- C. Garman, Judi. *Softball Skills & Drills*. USA: Human Kinetics, 2011
- D. Prerequisites: None

**II. COURSE DESCRIPTION**

This course is designed to develop coaching techniques from individual to team fundamentals. Emphasis is on offensive and defensive situations.

**III. LEARNING OUTCOMES**

- A. Understand warm-up and flexibility drills
- B. Understand defensive back-up and coverage on pickoff plays
- C. Understand defensive back-up and coverage responsibilities on bunt plays
- D. Understand defensive back-up and coverage responsibilities for balls hit to the outfield
- E. Understand defensive assignments for balls hit on the infield
- F. Understand defensive assignments for miscellaneous infield plays
- G. Perform hitting drills
- H. Perform hitting and bunting techniques
- I. Perform fielding and throwing drills
- J. Understand skill checkpoints for pitching
- K. Understand scoring and statistics and how they relate to softball fundamental evaluations

**IV. MAJOR CONTENT AREAS**

- A. Softball fundamental techniques
- B. Softball skill techniques
- C. Softball drills
- D. Defensive techniques
- E. Scoring and statistics

**V. ASSIGNMENTS (may include but are not limited to)**

- A. Hitting fundamentals assignments
- B. Defensive softball skill assignments
- C. Defensive softball drill assignments

**VI. EVALUATION METHODS (may include but are not limited to)**

- A. Assignments
- B. Skills practice
- C. Exams