

KIN 185: SOFTBALL THEORY

Citrus College Course Outline of Record

Heading	Value
Credits:	2
Lecture Hours :	36
Strongly Recommended:	ENGL 101.
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter, Pass/No Pass

Catalog Course Description

This course prepares the student to administer a softball program. It will include practice organization, administration, and live game strategy. 36 lecture hours.

Course Objectives

- Describe specific techniques and strategies of intercollegiate softball
- Analyze and formulate offensive and defensive strategies
- Demonstrate knowledge of advanced softball skills
- Demonstrate ability to create practice plans for a softball team.
- Anticipate sport safety problems
- Develop and implement recruiting philosophy and strategies.

Major Course Content

- I. Coaching Priorities and Principles
 - A. Sharing a Love for the Game
 - B. Competing with Class
 - C. Outhustling Your Opponent
 - D. Coaching With Integrity
 - E. Rules and Terminology
- II. Program Building and Management
 - A. Organizing and Orchestrating a Winning Program
 - B. Mentoring Within Your Staff
 - C. Building a Recruiting Network
 - D. Marketing and Promoting Your Program
 - E. Establishing a Successful High School Program
- III. Creative and Effective Practice Sessions
 - A. Organizing Indoor and Outdoor Practices
 - B. Conducting Innovative Practices
 - C. Using Practice Drills Effectively
- IV. Individual Skills and Team Strategies
 - A. Developing Productive Hitters
 - B. Manufacturing Runs
 - C. Producing Elite Pitchers
 - D. Playing Situational Defenses
 - E. Competing in Tournaments and Playoffs
- V. Player Motivation and Leadership
 - A. Winning the Mental Game
 - B. Building Team Chemistry
 - C. Developing Responsible Athletes
 - D. Building Loyalty and Tradition in Players
 - E. Inspiring Today's Players

Suggested Reading Other Than Required Textbook

Instructor Handouts

Examples of Required Writing Assignments

Coaching Strategies Offensive/ Defensive Scenarios Practice Plans
Player Evaluations Coaching Philosophy

Examples of Outside Assignments

Develop a conditioning program for your athletes. Analyze different softball swings while observing a softball game through video or live performance. Analyze different bunt coverages while observing a softball game through video or live performance.

Instruction Type(s)

Lecture