

KIN 186: BASEBALL THEORY

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2023
Credits:	2
Total Contact Hours:	36
Lecture Hours :	36
Lab Hours:	0
Hours Arranged:	0
Outside of Class Hours:	72
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 baseball program. It will include teaching methods, practice organization, administration, scouting and live game strategy. 36 lecture hours.

Course Objectives

- demonstrate an understanding of the fundamentals of administering a baseball program
- formulate offensive and defensive strategies
- evaluate and apply principles of pitching with a diverse group of pitchers
- Evaluate and apply principles of hitting
- Demonstrate the proper technique for infield and outfield play
- Apply the principles of basic anatomy and physiology to the body's response to exercise and to injury

Major Course Content

1. Coaching Foundation
 - a. Develop a Baseball Coaching Philosophy
 - b. Communicating Your Approach
 - c. Motivating Players
 - d. Building a Successful Baseball Program
2. Coaching Plans
 - a. Planning for the Season
 - b. Organizing Practice
3. Coaching Offense
 - a. Teaching Hitting Skills
 - b. Teaching Baserunning Skills
 - c. Teaching Offensive Strategy
 - d. Coaching Defense
 - i. Teaching Defensive Skills
 - ii. Teaching Defensive Strategies
 - iii. Teaching Pitching
4. Coaching Games
 - a. Preparing for Games
 - b. Handling Game Situations
5. Coaching Evaluation

- a. Evaluating Your Players
- b. Evaluating Your Program

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 baseball swings while observing a baseball game through video or live performance. Analyze different bunt coverages while observing a baseball game through video or live performance.

Instruction Type(s)

Lecture, Online Education Lecture