

# ATHL 31: INTERCOLLEGIATE SOFTBALL I (WOMEN)

## Foothill College Course Outline of Record

Heading	Value
<b>Effective Term:</b>	Summer 2025
<b>Units:</b>	3
<b>Hours:</b>	9 laboratory per week (108 total per quarter)
<b>Advisory:</b>	Limitation on enrollment: Athletic tryout for intercollegiate team selection is required to enroll with permission of the instructor. Students will be required to have a physical prior to participation in the class. Students will be required to achieve and maintain sport-specific performance standards as evaluated by the instructor. Continued eligibility is determined by appropriate CCCAA academic and decorum rules.
<b>Degree &amp; Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Area 7: Lifelong Learning
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	May be taken six times for credit

## Student Learning Outcomes

- Upon completion students should be able to execute game strategies appropriate to the sport, demonstrating and understanding of the strategies.
- Upon completion students should demonstrate skills at a level which could qualify a student athlete for NCAA and NAIA competition.
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## Description

Competitive intercollegiate softball emphasizing early season conditioning, development of skills and strategy, and team building through pre-conference and conference competition. Intended for participants of the women's softball team with previous high school, club, or collegiate softball playing experience.

## Course Objectives

The student will be able to:

1. Perform softball skills related to each athlete's position and team objectives
2. Compete in a highly organized team sport at a collegiate performance level of competition
3. Apply and practice skills and demonstrate skills specific to softball competitive play
4. Analyze opposing team play and strategies

5. Demonstrate through performance the development of physical fitness levels in strength, endurance, and over-all fitness
6. Identify and understand the official NCAA rules and their interpretations in game play
7. Display proper sports play and attitude both on and off the field

## Course Content

1. Softball performance skills
  - a. Catching
  - b. Throwing
  - c. Base running
  - d. Hitting
  - e. Bunting
  - f. Slapping
2. Strategies for softball
  - a. Pitchers
    - i. Low net throws
    - ii. Rise balls
    - iii. Off speed fundamentals
    - iv. Footwork
    - v. Fielding
    - vi. Pop-ups and communication
  - b. Catchers
    - i. Setting up and receiving balls
    - ii. Blocking pitches
    - iii. Pop-ups
    - iv. Force outs
    - v. Tag plays
    - vi. Cut-offs
    - vii. Pitchouts
    - viii. Passed balls
  - c. Outfielders
    - i. Grounders
    - ii. Down and block
    - iii. Fly balls
    - iv. Sun balls
    - v. Line drives
    - vi. Playing the fence
    - vii. Back up responsibilities
  - d. Infielders
    - i. Footwork
    - ii. Checking the runner
    - iii. Grounders
    - iv. Diving
    - v. First and third situations
    - vi. Fielding bunts
3. Offensive strategies
  - a. Seeing the pitch
  - b. Hitting for power
  - c. Hit and run
  - d. Scoring a runner
  - e. Creating the lineup
4. Defensive strategies

- a. Bunt defense
  - b. Back up position on throws and batted balls
  - c. Defense against double steals and stolen bases
5. Physical fitness
    - a. Core strength
    - b. Weight training
    - c. Power
    - d. Flexibility training
  6. Rules and interpretations
    - a. Scoring
    - b. Defensive positioning
    - c. Blocking the plate
    - d. Infield fly
  7. Sports play
    - a. Respect
    - b. Positive attitude
    - c. Hustle
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  - ii. Checking the runner
  - iii. Grounders
  - iv. Diving
  - v. First and third situations
  - vi. Fielding bunts
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## Lab Content

1. Softball performance skills
  - a. Catching
  - b. Throwing
  - c. Base running
  - d. Hitting
  - e. Bunting
  - f. Slapping
2. Strategies for softball
  - a. Pitchers
    - i. Low net throws
    - ii. Rise balls
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    - i. Grounders
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    - v. Line drives
    - vi. Playing the fence
    - vii. Back up responsibilities
  - d. Infielders

## Special Facilities and/or Equipment

1. Softball mitt, cleats, and workout attire.
2. When taught as an online distance learning or hybrid section, students and faculty need ongoing and continuous internet and email access.

## Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

Video analysis of fielding, hitting, batting  
 Direct observation of physical skill improvement and situational decision-making  
 Participation in athletic competitions and practice

## Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

Discussion  
 Cooperative learning exercises  
 Laboratory  
 Demonstration

## **Representative Text(s) and Other Materials**

. NCAA Women's Softball Rules 2020-2021. .

The most recent edition of the rules and interpretations will be used; annual updates are available online at <https://www.ncaa.org/sports/2021/2/9/playingrules.aspx>

## **Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments**

Optional reading and writing assignments as recommended by instructor.

## **Discipline(s)**

Coaching or Physical Education