

# ATHL 31E: INTERCOLLEGIATE SOFTBALL (WOMEN)

## Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2023
Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	May be taken six times for credit
Formerly:	PHED 34E

## Student Learning Outcomes

- Upon completion students will be able to identify the official rules and their interpretations to enhance performance.
- Upon completion students should be able to understand game day operations and procedures.

## Description

Competitive intercollegiate softball working toward personal and physical development, athletic scholarship, transfer, and career opportunities. 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:

- Perform softball skills related to each athlete's position and team objectives
- Compete in a highly organized team sport at a collegiate performance level of competition
- Apply and practice skills and demonstrate skills specific to softball competitive play
- Analyze opposing team play and strategies
- Demonstrate through performance the development of physical fitness levels in strength, endurance, and over-all fitness
- Identify and understand the official NCAA rules and their interpretations in game play
- Display proper sports play and attitude both on and off the field

## Course Content

- Softball performance skills
  - Catching
  - Throwing
  - Base running
  - Hitting
  - Bunting
  - Slapping

- Strategies for softball
  - Pitchers
    - Low net throws
    - Rise balls
    - Off speed fundamentals
    - Footwork
    - Fielding
    - Pop-ups and communication
  - Catchers
    - Setting up and receiving balls
    - Blocking pitches
    - Pop-ups
    - Force outs
    - Tag plays
    - Cut-offs
    - Pitchouts
    - Passed balls
  - Outfielders
    - Grounders
    - Down and block
    - Fly balls
    - Sun balls
    - Line drives
    - Playing the fence
    - Back up responsibilities
  - Infielders
    - Footwork
    - Checking the runner
    - Grounders
    - Diving
    - First and third situations
    - Fielding bunts
- Offensive strategies
  - Seeing the pitch
  - Hitting for power
  - Hit and run
  - Scoring a runner
  - Creating the lineup
- Defensive strategies
  - Bunt defense
  - Back up position on throws and batted balls
  - Defense against double steals and stolen bases
- Physical fitness
  - Core strength
  - Weight training
  - Power
  - Flexibility training
- Rules and interpretations
  - Scoring
  - Defensive positioning
  - Blocking the plate
  - Infield fly
- Sports play

- i. Respect
- ii. Positive attitude
- iii. Hustle

## Lab Content

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

- i. Bunt defense
- ii. Back up position on throws and batted balls
- iii. Defense against double steals and stolen bases
- e. Physical fitness
  - i. Core strength
  - ii. Weight training
  - iii. Power
  - iv. Flexibility training
- f. Rules and interpretations
  - i. Scoring
  - ii. Defensive positioning
  - iii. Blocking the plate
  - iv. Infield fly
- g. Sports play
  - i. Respect
  - ii. Positive attitude
  - iii. Hustle

## 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:

Lecture presentations and team discussion  
 Facilitation of drills and activities that promote learning objectives

## 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