I. Catalog Information

P E 32F  Defensive Baseball Techniques  2 Unit(s)

(See general education pages for the requirement this course meets.)

Advisory: English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.

Repeatability: (Physical Education 32F may be taken up to six times for credit.)

Six hours laboratory.

An introduction to the discipline of Physical Education through Defensive Baseball Techniques. Includes a global and historical examination of the skills and techniques of advanced defensive baseball, team interaction, and baseball theory. Through the study of film and use of playbooks the student will learn the various segments of defensive play. Exercise physiology, nutrition, flexibility and strength concepts for conditioning will be covered.

II. Course Objectives

A. Examine global, cultural and gender driven influences, landmark events or changes in technology that may have caused significant changes to the sport of baseball, its rules, techniques, etiquette or facilities.

B. Identify the various defensive strategies of current baseball theory and practice.

C. Compare and contrast video analysis.

D. Examine statistical frequencies and analysis of scouting reports.

E. Synthesize all presented materials.

F. Evaluate and revise defensive game plans on the basis of sound practice.

G. Examine and employ nutritional requirements, aerobic, anaerobic, strength and flexibility concepts and techniques to increase physical fitness in order to perform at an advanced level of competition.

III. Essential Student Materials

Player's syllabus

IV. Essential College Facilities

Baseball field

V. Expanded Description: Content and Form

A. Examine global, cultural and gender driven influences, landmark events or changes in technology that may have caused significant changes to the sport of baseball, its rules, techniques, etiquette or facilities.

1. The game of baseball was derived from two English game; Cricket and Rounders.

2. General Alexander Cartwright is credited with inventing what we now know as baseball during the Civil War.

3. Game has come a long way, playing facilities, gloves, bats and the technology used to develop this equipment.

4. The color barrier of major league baseball was broken when Jackie Robinson, the former UCLA All American football player played his first game for the Brooklyn Dodgers on April 15, 1947.

5. Although Robinson opened the door for other African American players in the 1940s racial segregation was still prevalent into the 1960s in such things as separate hotels and eating establishments for black and white players.

6. The diversity of baseball players has changed internationally with players from other countries having the opportunity to play Major League baseball in this country. Players come to the United States from Japan, The Dominican Republic, Mexico, Canada, Venezuela, Puerto Rico, Cuba, Australia and Korea among others.

7. Historical figures who influenced the game of baseball include:
   a. Babe Ruth 1920s Ruth hit 714 home runs in his colorful career
   b. Ted Williams 1940s the only 400 hitter in the modern era
c. Joe DiMaggio 1940s greatest player from the San Francisco bay area

d. Mickey Mantle 1950s Triple Crown winner in 1959

e. Roger Maris 1960s broke Babe Ruth single season home run record with 61

f. Hank Aaron 1960s broke Babe Ruth's all time home run record with 755

g. Carl Yasztremski 1970s won the Triple Crown in 1967

h. Tony Gwynn 1980s highest career batting average of all time

i. Mark McGuire 1990s broke Roger Maris' single season home run record with 70

j. Barry Bonds 1990s broke McGuire's single season record with 73 and is closing in on Hank Aarons all time record of 755

k. Bob Gibson 1960s three time Cy Young award winner and career earned run average record holder

l. Sandy Koufax 1960s pitched six no hitters and won three Cy Young awards of his own

m. Johnny Bench 1970s generally regarded as the greatest defensive catchers of all time

n. Cal Ripken Jr. 1980s played more consecutive games than anyone in baseball history

o. Roberto Alamar 1990s considered the best second baseman of all time

B. Identify the various defensive strategies of current baseball theory and practice.

1. Define defensive strategies
   a. Versus the bunting game
   b. Versus aggressive base running teams
   c. Versus hit and run and run and hit teams
   d. Versus situation hitting teams

2. Recognize interaction of possible offensive strategies against the defense
   a. Infield in
   b. Corners in, middle back
   c. Outfield shifts
   d. Pick-offs versus right handed/left handed pitchers
   e. Pitching patterns versus the game situation

C. Compare and contrast video analysis.

1. Review previous defensive game videos
   a. Critique assignment
   b. Adjustment application
   c. Skill and technique re-enforcement

2. Interpret schemes of future game videos
   a. Defensive alignments
   b. Defensive adjustments and variations to an offensive situation
   c. Defense deployed on "sure bunt" situations
   d. Types of pressure defenses used
   e. Personnel and techniques execution

D. Examine statistical frequencies and analysis of scouting reports.

1. Pitch selection versus the offensive
   a. Working inside and outside
   b. Working zone 1

2. Calculate the pressure defenses deployed
   a. Use of certain picks
   b. Use of certain defensive coverage
3. Examine how the defense covers various offensive situations
   a. Bunt
   b. Hit and run
   c. First and third
   d. Two strike situation
   e. Pull versus opponent versus straight up hitters
4. Interpret when and where certain pitches are used
5. Distinguish special personnel substitutions
   a. Right handed batter versus left handed pitcher
   b. Left handed batter versus right handed pitcher
   c. Fastball hitter vs. fastball pitcher
   d. Breaking ball hitter vs. breaking ball pitcher
E. Synthesize all presented materials.
   1. Formulate a game plan from opposing offenses.
      a. Running a game
         1. Straight steal
         2. Hit and run, run and hit, bunt and run
         3. Delayed steal
         4. First and 3rd double steal
      b. Short game
         1. Bunts
         2. Slash
         3. Get 'em over/get 'em in
         4. Hit and run
   2. Create a defensive ready list
      a. Design defensive running schemes
      b. Arrange plays to exploit the offensive situations
   3. Prepare the practice schedule to execute the game plan
F. Evaluate and revise defensive game plans on the basis of sound practice.
   1. Appraise the game plan's ability to be sound and applicable to the particular team
   2. Choose those aspects of the materials presented that can be applied in a practice game plan
   3. Revise the approach, if necessary, to accomplish the original objectives of the game plan
G. Examine and employ nutritional requirements, aerobic, anaerobic, strength and flexibility concepts and techniques to increase physical fitness in order to perform at an advanced level of competition.
   1. Nutrition
      a. Training diets
      b. Competition diets
      c. Fluid
      d. Supplements (pros/cons)
   2. Training for aerobic and anaerobic capacity
   3. Training for muscular strength and endurance
   4. Training for flexibility
   5. Biomechanics as they relate to the sport of baseball

VI. Assignments
A. Reading
   1. Textbook
   2. Player syllabus
   3. Selected texts
   4. Scouting and tendency reports and charts

B. Writing
   1. Journal
   2. Written video analysis in essay form
   3. Essay based upon textbook readings

C. Other
   1. Video preview

VII. Methods of Instruction

   None

VIII. Methods of Evaluating Objectives

   A. Sportsmanship and ethical conduct
   B. Critical thinking in competitive game play
   C. Comprehensive skills test
   D. Written skills test
   E. Written final examination
   F. Written essay based upon textbook readings and/or video analysis

IX. Texts and Supporting References

   A. Examples of Primary Texts and References

   B. Examples of Supporting Texts and References