

## Department:

Physical Education

## Course Description:

This course covers basic techniques for coaching the fundamentals of hitting, fielding, and throwing relative to baseball positions. The course will also focus on coaching players both individually and as a team.

## Course Competencies:

Upon completion of the course, the student should be able to:

1. Explain and demonstrate proper techniques in hitting, pitching, and fielding.
2. Explain the basic purpose, rules, strategies, and goals of the game of baseball.
3. Apply and coach the fundamentals of baseball in a game or practice setting.
4. Describe common errors in playing baseball and explain how to correct them.
5. Explain and demonstrate proper conditioning and strength training techniques.
6. Keep accurate statistics for baseball games.

## Course Content:

- A. Coaching Fundamentals and Skills
  1. Hitting
  2. Fielding
  3. Throwing
  4. Recording Statistics
- B. Coaching Foundation
  1. Developing Coaching Philosophy
  2. Communicating Your Approach
  3. Building a Successful Program
- C. Coaching Games
  1. Preparing for Games
  2. Handling Game Situations
- D. Coaching Evaluation
  1. Evaluating Your Players
  2. Evaluating Your Program

## Learning Assessments:

Course competencies will be assessed by class participation, exams, and a coaching project.

## Instructional Materials:

Coaching Baseball Successfully, Curran, Newhan, Lopez, Human Kinetics, 2007.  
ISBN-10: 0-7360-6520-2

### **Guidelines for Requesting Accommodations Based on Documented Disability or Medical Condition**

It is the intention of Highland Community College to work toward full compliance with the Americans with Disabilities Act, to make instructional programs accessible to all people, and to provide reasonable accommodations according to the law.

Students should understand that it is their responsibility to self-identify their need(s) for accommodation and that they must provide current, comprehensive diagnosis of a specific disability or medical condition from a qualified professional in order to receive services. Documentation must include specific recommendations for accommodation(s). Documentation should be provided in a timely manner prior to or early in the semester so that the requested accommodation can be considered and, if warranted, arranged.

In order to begin the process all students **must** complete the "Disabilities Self-Identification Form" at this link:  
<https://highlandcc.edu/pages/disability-services>.

This form can also be accessed at the Highland Community College homepage under Students Services/Student Resources/Disability Service or by contacting the Disabilities Coordinator.