

The Chinese University of Hong Kong P.E. Unit

Softball Course Content

WEEK	LESSON ONE	LESSON TWO
1	<ol style="list-style-type: none"> 1. lesson regulations 2. lesson introduction 	basic throwing and catching skill introduction <ol style="list-style-type: none"> 1. different gloves introduction 2. preparation posture and stance 3. throwing grip and catching introduction 4. throwing and wrist snapping introduction
2	throwing introduction <ol style="list-style-type: none"> 1. overhand throw 2. sidearm throw 3. underhand throw 4. running and throwing practice 5. application of different throwing skills 	catching introduction <ol style="list-style-type: none"> 1. catching ground ball 2. catching fly ball 3. catching on the run 4. application of different catching skills
3	catching and pitching practice between catcher and pitcher pitcher's general rules and knowledge <ol style="list-style-type: none"> 1. pitching 2. strike zone introduction 3. catcher's position and rules 	catching and pitching practice between catcher and pitcher <ol style="list-style-type: none"> 1. different pitching methods introduction 2. fast straight pitching 3. catcher throwing and cooperation between team members
4	Batting introduction <ol style="list-style-type: none"> 1. different types of bats and application 2. different types of grips 3. batting stance and position 4. batting practice 5. place hitting techniques 	Batting practice <ol style="list-style-type: none"> 1. rhythmical progressive movement 2. the batting swing 3. batting with batting tee 4. batting and catching practice 5. toss and batting practice
5	Bunting introduction <ol style="list-style-type: none"> 1. bunting and grips 2. stance and position 3. toss and bunting 	Base running technique <ol style="list-style-type: none"> 1. touching the base introduction 2. sliding introduction 3. takeoff to first base
6	Offensive batting technique <ol style="list-style-type: none"> 1. making batting order 2. offensive bunting strategies 3. base running strategies 	Defensive strategies <ol style="list-style-type: none"> 1. pitcher defensive back up 2. catcher defensive back up 3. first, second and third base force out defensive strategies 4. shortstop defensive skill
7	Team defensive drills <ol style="list-style-type: none"> 1. outfield defensive drills 2. in field defensive drills 3. with base runner drills 4. group cooperation drills 	Tag out defensive practice <ol style="list-style-type: none"> 1. tag drills introduction 2. application of tags 3. group practice
8	Rundown plays practice <ol style="list-style-type: none"> 1. introduction of rundown plays 2. application guidelines 3. group practice 	Infield and outfield defensive practice different simulation defensive drills practice <ol style="list-style-type: none"> 2. back up practice 3. whole team cooperation

9	1. explanation of general rules 2. role playing matches	forming teams and playing matches
10	1. explanation of rules 2. group practice	1. explanation of rules under certain simulation conditions 2. group practice
11	match and exam items revision	match and exam items revision
12	examination	examination
13	examination	examination and course evaluation