



995 North Reed Avenue, Reedley, CA 93654 Phone: 559-638-3641 FAX: 559-638-5040

**REEDLEY COLLEGE PHYSICAL EDUCATION DEPARTMENT**

**P.E. INSTRUCTOR: JACK HACKER**

**OFFICE: 559.638.0303**

**OFFICE LOCALE: P.E. STAFF OFFICE BUILDING**

**ROOM NO: \_\_\_\_\_**

**E - MAIL ADDRESS: jack.hacker@reedleycollege.edu**

**COURSE NAME: P.E. 30 A -- BASEBALL THEORY**

**COURSE CODE NO: 55055**

**SEMESTER: SPRING YEAR: 2010**

**DAYS CLASS MEETS: MWF MW ( T / TH ) DAILY**

**CLASS TIME: 11:00 -- 11:50 AM**

**CLASS MEETING ROOM: SOC 31**

**OFFICE HOURS: MWF -- 9:00 -- 10:00 AM**

**DROP DEADLINE: FRIDAY - MARCH 12 -- 2010**

**FINAL EXAM DATE: THURSDAY -- MAY 20 -- 11:00 AM**

**REQUIRED TEXT(S) & MATERIALS:**

- **STUDENTS NEED TO WEAR APPROPRIATE ATTIRE & SHOES FOR WEIGHT TRAINING ACTIVITY.**

**COURSE PREREQUISITES: NONE**

**P.E. 30 - A -- THEORY OF BASEBALL**  
**INSTRUCTOR: J. HACKER**

**A. COURSE OBJECTIVES:**

*Students will be able to understand the offensive and defensive strategies involved in the game of baseball. Students will also be expected to understand the rules of NCAA baseball and any rules pertaining to junior college baseball as set by the California Commission on athletics.*

**COURSE OUTLINE:**

**WEEK 1:**

*Review of NCAA rules and state rules regarding college baseball. Eligibility forms will also be filled out.*

**WEEKS 2, 3, 4, 5:**

*Review of offensive strategies and situations:*

- > bunts
  - > base stealing
  - > use of hit & run
  - > first & third offense
  - > runners at 2B & 3B
  - > bases loaded situations
- Exam 1 at end of week 5.*

**WEEKS 6, 7, 8, 9:**

*Review of hitting techniques and bunting:*

- > lead off hitter
  - > situation hitter:
    - > bunting
    - > hit & run
    - > stealing with a hit
    - > rbi situations
  - > hitting with different counts
- Exam 2 at end of week 9*

**WEEKS 10, 11, 12, 13, 14:**

***Review of defensive strategies and situations:***

- > ***bunts***
- > ***first & third***
- > ***priority fly balls***
- > ***rundowns***
- > ***second & third situations***
- > ***bases loaded situations***
- > ***double plays***
- > ***long alignments***

***Exam 3 at end of week 14***

**WEEKS 15, 16, 17, 18:**

***Review of pitching:***

- > ***use of FB, CB / SL, Change - up***
- > ***dry - run drills -- chair drill / tube drill***
- > ***flat ground drills***
- > ***bullpens workouts***
- > ***pick - offs to all bases***
- > ***PFP ( pitchers' fielding plays )***

***Exam 4 during finals week***