

**ATHL 22.1L Course Outline as of Fall 2019****CATALOG INFORMATION**

Dept and Nbr: ATHL 22.1L Title: DEFENSIVE FOOTBALL LAB

Full Title: Defensive Football Laboratory

Last Reviewed: 2/11/2019

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.50	Lab Scheduled	0	6	Lab Scheduled	0
		Contact DHR	3.00		Contact DHR	52.50
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 26.25

Total Student Learning Hours: 78.75

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 34 - 4 Enrollments Total

Also Listed As:

Formerly: ATHL 22L.1

**Catalog Description:**

Introduction to the structure and development of various defensive football strategies. This course will include analysis of scouting reports and film reviews; as well as the practical application of various physical training concepts.

**Prerequisites/Corequisites:****Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**

Description: Introduction to the structure and development of various defensive football strategies. This course will include analysis of scouting reports and film reviews; as well as the practical application of various physical training concepts. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit: CSU;UC.  
Repeatability: 4 Enrollments Total

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>			Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>			Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>			Effective:	Inactive:
<b>CSU Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:	
<b>UC Transfer:</b>	Transferable	Effective:	Fall 1985	Inactive:	

**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

1. Identify and assess offensive and defensive strategies of an opponent.
2. Formulate appropriate defensive strategies based on the assessment of the opponent's offensive schemes.

### **Objectives:**

At the conclusion of this course, the student should be able to:

1. Identify and explain basic offensive and defensive strategies.
2. Analyze offensive strategies and personnel through the use of film, scouting reports, and established offensive criteria.
3. Formulate a variety of defensive strategies based on specific offenses.

### **Topics and Scope:**

#### **I. Basic Offensive and Defensive Strategies**

- A. Run offense
- B. Pass offense
- C. Run defense
- D. Pass defense

#### **II. Film and Scouting Report Analysis**

- A. Personnel and team performance assessment
- B. Opponent personnel and performance assessment

#### **III. Defensive Strategy Development for Specific Offenses**

- A. Run game
- B. Pass game

#### **IV. Multiple Defensive Strategies**

- A. Zone defense
- B. Man coverage
- C. Blitz game

## Assignment:

Students are expected to spend an additional one and one half hours per week outside of class completing one or more of the following assignments.

Representative Assignments:

1. Writing defensive strategies
2. Creating and analyzing scouting reports
3. Developing a playbook
4. Diagramming specific offensive and defensive strategies
5. Film analysis
6. Note taking
7. Logs and critiques of offensive schemes
8. Mid term and final exam, multiple choice, true/false, matching

## Methods of Evaluation/Basis of Grade:

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Written homework, Notebook, Scouting reports, Playbook

Writing  
10 - 30%

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving  
0 - 0%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Playbook, diagram specific off./def. strategies

Skill Demonstrations  
10 - 30%

**Exams:** All forms of formal testing, other than skill performance exams.

Multiple choice, True/false, Matching items, Completion

Exams  
10 - 30%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

Attendance and Participation

Other Category  
30 - 60%

## Representative Textbooks and Materials:

Defensive Football Strategies. American Football Coaches Association. Human Kinetics, Inc. 2000 (classic)