

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    | 11           | 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: 0.00

Total Student Learning Hours: 52.50

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**

### **Outcomes and Objectives:**

Upon completion of this course, students will 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)