

CATALOG INFORMATION

Dept and Nbr: ATHL 22.2L      Title: OFFENSIVE FOOTBALL LAB  
Full Title: Offensive Football Laboratory  
Last Reviewed: 2/25/2019

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.2

**Catalog Description:**  
Introduction to the structure and development of various offensive football strategies. 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 offensive football strategies. 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:
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<b>CSU Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:
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<b>UC Transfer:</b>	Transferable	Effective:	Fall 1985	Inactive:
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**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 offensive strategies based on the assessment of the opponent's defensive schemes.

### **Objectives:**

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

1. Identify basic defensive and offensive strategies.
2. Assess the opponent's defensive strategies and personnel through the use of film, scouting reports and established defensive criteria.
3. Formulate a variety of offensive strategies based on specific defenses.

### **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. Offensive Strategy Development for Specific Defenses**

- A. Run defense
- B. Pass defense

#### **IV. Multiple Offensive Strategies**

- A. No huddle
- B. Red zone
- C. Short yardage

## 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.

Assignments may include:

1. Writing offensive and defensive strategies
2. Creating scouting reports
3. Developing a playbook

In-class work may include:

1. Diagramming specific offensive and defensive strategies
2. Film analysis
3. Note taking

Lab work may include:

1. Scouting reports
2. Logs and critiques of defensive schemes

## 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, Reading reports, Lab reports, Term papers, Scouting reports, Notebook

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.

Class performances, Field work, 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, Essay Exams

Exams  
10 - 30%

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

Attendance and Participation
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Other Category 30 - 60%
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**Representative Textbooks and Materials:**

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