The Chinese University of Hong Kong P.E. Unit Softball Course Content

| WEEK | LESSON ONE | LESSON TWO |
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| 1 | lesson regulations lesson introduction | basic throwing and catching skill introduction 1. different gloves introduction 2. preparation posture and stance 3. throwing grip and catching introduction 4. throwing and wrist snapping introduction |
| 2 | throwing introduction 1. overhand throw 2. sidearm throw 3. underhand throw 4. running and throwing practice 5. application of different throwing skills | catching introduction 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 1. pitching 2. strike zone introduction 3. catcher's position and rules | catching and pitching practice between catcher and pitcher 1. different pitching methods introduction 2. fast straight pitching 3. catcher throwing and cooperation between team members |
| 4 | Batting introduction 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 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 1. bunting and grips 2. stance and position 3. toss and bunting | Base running technique 1. touching the base introduction 2. sliding introduction 3. takeoff to first base |
| 6 | Offensive batting technique 1. making batting order 2. offensive bunting strategies 3. base running strategies | Defensive strategies 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 1. outfield defensive drills 2. in field defensive drills 3. with base runner drills 4. group cooperation drills | Tag out defensive practice 1. tag drills introduction 2. application of tags 3. group practice |
| 8 | Rundown plays practice 1. introduction of rundown plays 2. application guidelines 3. group practice | Infield and outfield defensive practice different simulation defensive drills practice 2. back up practice 3. whole team cooperation |

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