

COLLEGE OF EDUCATION AND PROFESSIONAL STUDIES

EASTERN ILLINOIS UNIVERSITY
Physical Education Department

Fall 2009
KSS 3500- Baseball Coaching

Instructor: Jimmy Schmitz 581-2522, jrschmitz@eiu.edu (prefer email)

Office: O'Brien Stadium (1202) - Football Stadium

Class time: 8:00-9:15am- MW

Course Description: Designed to provide knowledge and skills to coach baseball

Course Objectives: To understand coaching methods, skill techniques, formulation of practice plans, offensive and defensive team strategy, and in depth study of the rules.

Evaluation: Participation- 100 pts (3 teaching opportunities)
Test- - 4 test- 400 pts
Final- 200 pts
Observation- 100 pts- 2 practices (Sept 14- start)
Practice Plan- 200 pts- High School – March 1-14-2010

Class Attendance: Two non-participation days allowed.
3rd day results in drop of one letter grade
4th day results in drop of two letter grades
5th day results in drop of three letter grades

Text: Baseball Playbook by: Ron Polk (Mississippi State University)

- August- 24- Introduction (Place students on coaching teams 1-5)
 26- Team rules, meeting, practice organization (yearly, weekly, daily)
 31- Game administration- charting, Coaching philosophy
- Sept. 2- Scoring and rules
 7- No Class- Labor Day
9- Test
- Sept. 14- Basestealing
 16- Baserunning-
 21- Team offense plays- Bunt... Hit/Run..Safety...Run and Bunt.. Suicide
 23- Signs
 28- 1b/ 3b plays- trying to score
30- Test
- Oct. 5- Catching
 7- Infield play- 1b and 3b
 12- SS/2b- Play
 14- Outfield play
 19- Pitching
21- Test
- Oct. 26- Bunt defense- safety-suicide
 28- Double steal defense- 1b/3b plays
- Nov. 2- Cut offs and relays
 4- Pop up and run downs
 9- Pick off plays- PFP
11- Test
- Nov. 16- Hitting mechanics
 18- Hitting drills
 23-25- Thanksgiving break
 30- Hitting drills
- Dec. 2- Bunting
 7- Situational hitting
9- Final