MCAA 575: ADVANCED THEORY & STRATEGY FOR COACHING SOFTBALL
A ONE-WEEK SUMMER INTENSIVE COURSE

Master of Arts in Coaching & Athletic Administration
Concordia University Irvine

Irvine, CA
June 24-28
2013

Concordia University is proud to announce the Master of Arts Program in Coaching and Athletic Administration (MCAA) is offering a Summer Intensive Course focused on Advanced Theory and Strategy for Coaching Softball.

This graduate-level class is designed for softball coaches and will implement a combination of classroom learning and practical application.

This educational opportunity will be led by Crystal Rosenthal.

Four units of graduate level credit. Non-degree seeking students are cordially invited to enroll.

For further information about this educational opportunity, please contact
Dave Cowen – Conference Director (949) 214-3262, dave.cowen@cui.edu
Katie Carson – (949) 214-3266, katie.carson@cui.edu
## Course Syllabus

<table>
<thead>
<tr>
<th>MCAA 575 - Advanced Theory &amp; Strategy for Coaching Softball</th>
<th>Day Three, Morning Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>Instructor: Crystal Rosenthal- Email: <a href="mailto:crystal.rosenthal@cui.edu">crystal.rosenthal@cui.edu</a></td>
<td>• Hitting 101: The basics of great hitting</td>
</tr>
<tr>
<td>Master of Arts in Coaching &amp; Athletic Administration</td>
<td>• Linear vs. Rotational: Who Really Cares</td>
</tr>
<tr>
<td>Concordia University Irvine, CA</td>
<td>• Overview of the advantages of using technology to help improve your hitter’s success</td>
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<tr>
<td>Term: Summer, 2013; Units: Four (4) Units</td>
<td>• Coverage of the plate with a correct bat angle and weight distribution</td>
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<tr>
<td>Class Meetings: Monday—Friday, June 24-28, 2013</td>
<td>• Introduction to strength and conditioning; softball specific tools to enhance offense</td>
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### Course Description:
This advanced level course will enhance the knowledge of softball coaches. Experts will discuss best practices for coaching successful softball programs. Areas covered will include: philosophy implementation, identifying common coaching mistakes, position fundamentals, on-field implementation drills, good hitting basics, technology to improve hitting, team defense and strategy, recruiting process, coaching methods and personal coaching.

*Requires class attendance as well as participation in pre and post attendance online learning requirements.*

### Course Outline

#### Day One Morning Session
- Introduction: Instructor Crystal Rosenthal; Goals Objectives of the course
- Opening Discussion of “Why did I become a coach?”
- Discussion of various coaching methods philosophies
- Establishing personal coaching philosophy

#### Day One, Afternoon Session
- Learning how to manage a championship program
- Utilize previous identified coaching philosophy and coaching methods to learn how you can have a maximum impact on your players.
- The secret to coaching female athletes
- Tour of the facility and understanding how to begin to build a program from the ground up.

#### Day Two, Morning Session
- Taking an in depth look from the bottom up at planning, organizing, and conducting practice
- Sample layouts of practice plans and the variables that may affect those plans.
- Identifying common mistakes made by coaches in practice settings
- Learning how to give appropriate feedback to get the most of any situation in practice.

#### Day Two, Afternoon Session
- Overview of Individual Defensive Skills and Position Play
- Importance of good throwing mechanics at all levels
- Breakdown of fundamentals of each position
- General overview of basics of defensive situations
- Drill book of basic defensive fundamentals

#### Day Three, Afternoon Session
- On field for Team Defense and Strategy
- Basic defensive sets for bunts, slaps, first and thirds, pickoffs and rundowns.
- Utilizing correct angles, backups, communication
- Correlating pitch call with team positioning
- Drills used to enhance effective practice with skills
- Use of the DP-Flex rule to maximum advantage
- Pitch calling
- Head to Head counter attacks

#### Day Four, Morning Session
- Recruiting: A four year and Junior college approach to attracting the best athletes that fit your system
- Question and Answer section
- How to build a brand
- How to get your athletes recruited, how much is too much
- Comprehensive Program overview- Learning how to prioritize
- Fundraising for improvement: It is never good enough
- Carrying out long term excellence

#### Day Four, Afternoon Session
- Putting it all together to win on game day
- Scouting and how much information is too much
- Make in game decisions based on opponents strengths and weaknesses
- Getting the most out of what you have
- On field attempts at decision making

(Schedule and speakers subject to change.)