

**College of San Mateo
Official Course Outline**

1. **COURSE ID:** P.E. 103 **TITLE:** Theory of Defensive Football
Units: 3.0 units **Hours/Semester:** 48.0-54.0 Lecture hours; and 96.0-108.0 Homework hours
Method of Grading: Grade Option (Letter Grade or Pass/No Pass)

2. **COURSE DESIGNATION:**

Degree Credit

Transfer credit: CSU; UC

3. **COURSE DESCRIPTIONS:**

Catalog Description:

Current concepts of defense are examined using game footage, practice, and computer assisted analysis. Concepts are examined and applied to attack opponent's defensive strategies. Strategy, techniques, game rules, development drills, strength and conditioning programs are covered. This is NOT an activity class.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**

Upon successful completion of this course, a student will meet the following outcomes:

1. Diagram various defensive concepts
2. Diagram examples of variations of a defensive play when used against an opponents sets.
3. Write a game plan; write the activities for the week.
4. List the most common offensive formations and identify strengths and weaknesses of each.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

Upon successful completion of this course, a student will be able to:

1. Diagram various defensive concepts
2. Diagram examples of variations of a defensive play when used against an opponents sets.
3. Write a game plan; write the activities for the week.
4. List the most common offensive formations and identify strenghts and weaknesses of each.

6. **COURSE CONTENT:**

Lecture Content:

1. General Theory of Defense
 - A. Comprehensive Defensive Plan
 - B. Practice Time Schedule
 - C. Situational Analysis
2. Analysis of Defensive Football
 - A. General Philosophy
 - B. Sets & Concepts
 - C. Selection of Personnel
 - D. Skills and Techniques
3. Terminology and Play Calling System
 - A. Effective Communication
 - B. Detailed Identification of each position
 - C. Abilities to make and understand different checks
4. Installation and Game Planning
 - A. Season long installation schedule
 - B. Weekly defense plan
 - C. Creation of scouting reports and game plan
 - D. Organization of drills and group segments

7. **REPRESENTATIVE METHODS OF INSTRUCTION:**

Typical methods of instruction may include:

- A. Lecture
- B. Directed Study
- C. Critique
- D. Discussion
- E. Observation and Demonstration

F. Other (Specify): Lecture and demonstration aided by video of actual games and practices. Individual students will present situations and solutions at the chalk board, group discussions, student presentations on selected topics.

8. REPRESENTATIVE ASSIGNMENTS

Representative assignments in this course may include, but are not limited to the following:

Writing Assignments:

- A. Analysis of offensive tendencies of upcoming opponent.
- B. Analysis of previous game (correction of defensive mistakes)
- C. Analysis of defensive strategy designed for upcoming opponent

Reading Assignments:

- A. Instructor generated hand-outs to supplement video analysis

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Work
- C. Exams/Tests
- D. Group Projects
- E. Oral Presentation
- F. Quizzes
- G. The student will be evaluated on the basis of responses to discussion topics, written assignments, quizzes, exams and practical application of topics covered.

10. REPRESENTATIVE TEXT(S):

Possible textbooks include:

- A. American Football Coaches Association. *Defensive Football Strategies*, 10th ed. Champaign, Ill: Human Kinetics, 2012
- B. Everett, Jr., R.. *Coaching the 4-2-5 Defense*, ed. Coaches Choice, 2018

Origination Date: November 2021

Curriculum Committee Approval Date: January 2022

Effective Term: Fall 2022

Course Originator: Hansen Sekona