

Fast Pitch Softball Fundamentals

Program for Athletic Coaches' Education (PACE) Softball Everyone Teach'n Baseball and Softball Pitching Free Flow Handbook The Complete Book of Softball Coaching Fastpitch Softball Successfully Video Source Book A Basic Guide to Softball Softball Fundamentals Research in Education NILS A-V Media Catalog, 1988 High-Scoring Softball Practice Perfect Softball Hitting with Torque Pickleball Fundamentals Mastering Softball Coaching Softball Technical and Tactical Skills Softball Skills & Drills Coaching Youth Softball Girls Play to Win Softball Teach'n Baseball & Softball Handbook/Guide for Parents & Coaches Official ASA Guide and Playing Rules 1991 The Softball Handbook Defensive Softball Drills Small Press Record of Books in Print Winning Softball for Girls Survival Guide for Coaching Youth Softball Softball Pitching Edge Softball Fastpitch - Pitching Fundamentals Fastpitch Softball The Applied Research in Coaching and Athletics Annual Coach's Guide to Game-Winning Softball Drills CATCHING-101 Softball 101 Fast-Pitch Softball Fundamentals The Ultimate Hitting Fundamentals, Techniques, and Strategy Guide Baseball Lessons How to Pitch Coaching Youth Softball Inside Softball Athletic Journal Health, Physical Education, Sports [catalog]

Program for Athletic Coaches' Education (PACE)

America's past time, Baseball! Do you want to learn how to play baseball the right way? Are you a coach and want to teach your students how to play baseball? Do you want to pitch in the Major

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Leagues? Pitching a baseball takes a great deal of concentration and repetition and that's why I've put together a short eBook detailing the fundamentals and drills necessary to "Pitch Strikes." These are time tested drills that have been tried, proven and used over the past 40 years to develop pitchers that have won championships and made it to the Big Leagues. These techniques are not hard to do but are essential fundamentals that all pitchers must learn if they are to throw strikes and control the game. This book was written for coaches but kids who want to learn to be the best will find it a guide book that they will use throughout their career as a baseball pitcher.

Softball Everyone

The road to a championship season begins long before the first pitch of the opening game. It begins before a player even steps onto the field. In *Practice Perfect Softball*, the game's premier coaches share their approaches, experiences, and philosophies of every aspect of practice. This authoritative guide goes beyond the stretches and drills, straight to the heart of winning—effort and attitude. From structuring sessions to evaluating practice performance, you'll find proven and practical recommendations from the all-star lineup of contributors: • Julie Lenhart • Rachel Hanson • Beverly Smith • Rachel Lawson • Lisa (Sweeney) Van Ackeren • Dot Richardson • Ken Eriksen • Connie Clark • Celeste Knierim • Bill Gray and Melissa Chmielewski • Lonni Alameda • Jo Evans • Jen McIntyre • Donna Papa • JoAnne Graf (editor) Inside, you'll identify and establish practice ethics; assess team strengths; and develop players' skills in the field, on the mound, and at the plate. Developed by the National Fastpitch Coaches Association, *Practice Perfect Softball* is your guide to developing champions on and off the field.

Teach'n Baseball and Softball Pitching Free Flow Handbook

Paul Petricca draws on his experience as a coach, player, blogger, and student of baseball and softball to share what he's learned about hitting in this essential guide for players seeking dramatic results at the plate. The author presents easy-to-understand hitting mechanics highlighting how the engineering concept of torque can be applied to hitting and is often the difference between a weak groundball or a long home run. Topics covered include understanding where hitting power really comes from and the importance of increasing bat speed through the fundamentals of a repeatable and powerful rotational swing. Hitters of all ages who adopt his eight hitting keys will enjoy a dramatic increase in bat speed and power almost immediately. Hitting with Torque is more than a set of hitting mechanics---it's a mindset. Readers will be challenged to look past the worn-out hitting theories and myths that have been holding back hitters from reaching their full potential. With an open mind and practice, all hitters can unlock the power and consistency that is Hitting with Torque.

The Complete Book of Softball

Plain and simple, championship teams score runs. Their offenses are consistent, aggressive, opportunistic, and disciplined. They may manufacture runs or rely on the long ball, but they score early and often. And they win. High-Scoring Softball is the definitive guide for offensive play. The game's most successful coaching duo, Ralph and Karen Weekly, share the approach that has shaped some of the game's top scoring offenses and generated more than 1,700 career victories. Inside you'll find detailed

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instruction, advice, and coaching tips on mastering offensive fundamentals, such as baserunning, bunting, slap hitting, and hitting for power and average. You'll learn how to evaluate your team's talents, tendencies, and strengths and create a potent, offensive attack. And a detailed analysis of common game situations provides you with strategies and advice for capitalizing on every opportunity. Defense may win games, but only if you score. With High-Scoring Softball you will score and you will win. It will change the way you play the game.

Coaching Fastpitch Softball Successfully

Looking for the ultimate book to help you learn and master softball's essential skills? Look no further than the guide that has helped develop the game's top players and most successful teams. This new edition of Softball Skills & Drills is completely updated with more skills, more drills and strategies, and more of the stellar instruction that have made it the top-selling title on the sport. Judi Garman, one of the winningest coaches in NCAA history, teams with Cal State Fullerton's Michelle Gromacki to share their secrets to developing and mastering every aspect of the game. With step-by-step instruction, full-color photo sequences, technique tips, and unique insight into the game, you'll learn every fundamental skill: •Hitting •Bunting •Slap Hitting •Baserunning •Sliding •Fielding •Throwing •Pitching •Catching And with over 230 of the game's best drills, coverage of team offense and defense, pitch selection, pitch recognition, and in-game strategies, Softball Skills and Drills is simply the most comprehensive and practical guide on the sport. Whether striving to become a complete player or preparing your team for another championship run, Softball Skills & Drills is the one book you cannot be without.

Video Source Book

A guide for coaches and pitchers, Kempf goes beyond the basics of female softball as she covers pre-motion presentation, stance, posture, timing, location and speed. Advice is given on the correct choice of pitch illustrated with drawings.

A Basic Guide to Softball

"Coaching Softball Technical and Tactical Skills" goes beyond technical skills such as catching and hitting to the tactical skills that will help your players make smart in-game decisions that build a winning team. Endorsed by the American Fastpitch Coaches Association, this is "the" resource for coaching softball at the high school level.

Softball Fundamentals

Fast, fun, and competitive: Simply step onto the court and it will be clear why pickleball is booming in popularity. Pickleball Fundamentals is the first book written and endorsed by the USA Pickleball Association. It will teach you the basics of the sport so that you can join the fun on the court right away. Learn proper execution of the sport's essential skills and tactics. All the shots—groundstroke, serve and return, volley, dink, lob, overhead smash, and drop—provide a base for solid technique. More than 40 drills and gamelike activities will speed your learning while improving performance. You'll also find

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competitive tactics for various scenarios and strategies for both singles and doubles play. So whether you are new to the sport or one of the growing number of pickleball fanatics, Pickleball Fundamentals is the best way to master the basics and compete with confidence.

Research in Education

SOFTBALL FASTPITCH - PITCHING FUNDAMENTALS, is a GUIDE FOR VOLUNTEER COACHES & PARENTS. It is "A PLAYER'S JOURNEY" (a young girl's journey) in the world of sports; more specifically, softball. It was designed to help coaches and parents understand what a young girl can experience when she decides to "Play Ball" from a players point of view.

NILS A-V Media Catalog, 1988

“Mastering these drills will arm your players with one of the biggest intangibles necessary to perform well--confidence.” --Michele Smith Two-time Olympic gold medalist and Hall of Fame pitcher Michele Smith throws one right down the middle with this big collection of more than 250 skill-building drills developed especially for coaches of fast-pitch recreation league, travel ball, and high school softball players, ages eight to eighteen. Straight from the Michele Smith Gold Camps and Clinics, these drills are designed to give you all the tools you need to teach the entire range of offensive and defensive softball skills. With Michele's expert guidance and instruction, you'll coach your players to: Master the mechanics of footwork for fielding with hustle Swing for the fences and hit the fastest pitches Catch the

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ball proactively and throw it quickly and accurately to its target Defend the infield and outfield with speed and confidence Run the bases swiftly and strategically Refine fast-pitch skills so they can windmill like Michele And much more

High-Scoring Softball

Practice Perfect Softball

Reviews rules, recommends conditioning exercises, discusses positions, and explains offensive and defensive strategies.

Hitting with Torque

Step to the plate and swing for the fences! Softball has grown from a spontaneous game to serious business. What began as an indoor ballgame is now one of the most popular women's sports. Stars like Joan Joyce and Jennie Finch helped it get there. Now players such as Cat Osterman and Monica Abbott are leading the charge. Grab a ball, bat, and glove and get ready to join them! The history, the rules, and the heroines: these nonfiction accounts of women's sports relate the interesting insights of each sport, including the rules, game play, and standout athletes. Girls looking for role models as well as the "hows and whys" of their favorite game will find the answers in these fresh, accessible titles. Part history, part

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biography, and part instruction, *Girls Play to Win* allows readers to access "everything they want to know" about the game. More than an introduction, this series takes what is likely an existing interest and allows the reader to delve deeper. Content consultants are real-world experts that include Olympic athletes and coaches. Library Media Connection's Editor's Choice

Pickleball Fundamentals

Combining years of experience as coaches and players, Susan Craig and Ken Johnson of the University of New Mexico present the most up-to-date analysis of fastpitch softball fundamentals available today. From a detailed progression of the overhand throw, hitting, fielding, pitching, catching, and baserunning to a six-week practice plan, conditioning exercises, scouting tips, and player evaluation forms, this is a valuable training handbook for both men and women!

Mastering Softball

Coaching Youth Softball is a great tool for youth softball coaches and parents working with 6- to 14-year-old athletes. It describes in detail how to teach kids important softball skills and strategies at a level that's just right for them. This valuable resource contains 29 drills and 95 illustrations, including 22 defensive position diagrams. *Coaching Youth Softball* shows you techniques for teaching fundamental softball skills step-by-step - what to teach and how to teach it. The book also addresses the similarities and differences between fast- and slow-pitch softball.

Coaching Softball Technical and Tactical Skills

Meyer offers tips on batting, baserunning, and stealing techniques. Coaching information includes how to coach bases, run practices, and evaluate players' performance.

Softball Skills & Drills

Whether you're a newcomer to the game or a league player looking to sharpen your skills and understanding, A Basic Guide to Softball will enhance your appreciation of the history of the sport and its rules and fundamentals. You'll learn the basic skills and strategies needed for each position, find out how to choose and care for your equipment, and meet the members of the Olympic Gold Medal-winning USA Softball Team. Special features include: Results of the 2000 Olympic Games in Sydney, Australia; profiles of US Women's Softball Team members; history of Softball in the Olympic Games; rules for Fast Pitch, Modified Pitch, Slow Pitch, and 16-Inch Slow Pitch; practical advice about health and fitness; guidelines for players, parents, fans, and volunteers

Coaching Youth Softball

This is a practical handbook and guide for parents and coaches that want to help their kids become a better baseball or softball player. It has 300 individual pictures, illustrations and diagrams to show you what to do. It covers all the basics that players will need to become a good baseball or softball player. It

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is complete with history, playing field size, new parent orientation, training games to play, strategies, stair step training guides, equipment used and a glossary of baseball and softball terminology.

Girls Play to Win Softball

Teach'n Baseball & Softball Handbook/Guide for Parents & Coaches

Official ASA Guide and Playing Rules 1991

Building Rome Series lays out a common-sense approach to creating a powerful and effective swing from the earliest ages and continuing through college level competition. The coach can relax and follow this "cookbook" for developing successful hitters. The first task for becoming a great hitter is to figure out what expert performers do that makes them so good. For sure, if you want exceptional results, you must look at the remarkable for guidance. To write Building the High-Level Swing, hundreds of slow-motion videos of college and professional hitters were analyzed in precise detail. The often intricate, interrelated, and varying movement patterns seen in the High-Level swing were broken down, frame by frame. Building Rome Series determines what, truly, is critical for maximizing performance (Universal) and what is a matter of style (Fit to Player). Building the High-Level Swing organizes the material logically based on the chain of energy, simplifies where possible, and presents information in a step-by-

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step manner best used for teaching. Even those with limited fastpitch softball or baseball background can follow along as each fundamental is functionally constructed. Building the High-Level Swing leaves "no stone unturned" about hitting a baseball or softball for power and high productivity. All commonly used techniques, as well as less common variations, are explored in detail. The player, coach, and parent will understand the pros and cons of the options and strategies available. Have fun building your customized hitting "Rome!"

The Softball Handbook

Defensive Softball Drills

Small Press Record of Books in Print

Winning Softball for Girls

Whether you're new to coaching or an experienced youth softball coach, the fourth edition of Coaching Youth Softball is your handbook for a successful season. Field-tested, age-specific coaching information helps you • communicate with players, officials, parents, and other coaches; • teach softball

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fundamentals using gamelike drills; • provide basic first aid; • plan and conduct practices; • manage your team during games; and • keep it all fun. Numerous coaching books present the skills and drills of softball. But Coaching Youth Softball teaches you how to convey these skills to your athletes in an engaging and positive manner. Endorsed by Babe Ruth Softball, the book is focused on teaching offensive and defensive skills through gamelike drills, which sets it apart from the current lineup of softball coaching books. Ideal for coaches of players ages 14 and under, Coaching Youth Softball helps you focus on the fundamentals, and the 12 new skill-teaching drills and 37 age-appropriate coaching tips are sure to jump-start your practices. Experience the excitement as your players improve their skills, fall in love with the game, and come out for the team year after year.

Survival Guide for Coaching Youth Softball

66 drills for improved individual and team fielding.

Softball Pitching Edge

The goal of this book is to serve as a refresher for those who know the fundamentals, and to serve as a primer for those who don't. While intended to show slow-pitch softball players how to improve their game, this book will be helpful to fast-pitch softball and baseball players as well. After all, most of the principles in this book apply to any game played on a diamond, from Little League to high school and adult softball leagues to the Major Leagues. Most of us will encounter opposing players who can run

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faster, hit harder, and throw further than we can. But that doesn't mean we have to concede victory. Maybe we can run fast longer, hit more consistently, and throw more accurately. If you're willing to learn and invest in some off-field training, you can often overcome superior athletic skills possessed by the opposition. This book is intended to give you the tools needed to amplify your natural skills. I have played organized ball for over 60 years and, fortunately, I got off to a good start, thanks to fundamentals instilled in me from the very beginning. I began playing organized baseball in early grade school and continued playing summer baseball for the next 10 years under the tutelage of legendary Iowa coach George Engebretson. George coached baseball in the ultra-small town of Rembrandt (200 souls). Nearly every team his charges played against came from much larger towns, yet George's teams were nearly always victorious because he had his players so well grounded in fundamentals. Opposing teams were seldom so well taught. Thus, even when an opposing team had superior athletes, as was often the case, George's team was still dominant. I also played high school baseball for some excellent coaches. Those coaches had an easier job than most because George had already smoothed the rough edges of all the players. Let me hasten to add that those high school coaches taught us quite a bit, too, but they didn't have to start at square one, thanks to George. Coaches Hulsebus, Skogerboe, and Rath could focus on the more advanced nuances of the game and they did a wonderful job. Following high school, I didn't play organized ball while working my way through DeVry Technical Institute (now DeVry University) in Chicago. Once I had graduated there and settled into a career, I resumed playing ball, this time softball, and have played almost continuously ever since. In the 2013 National Senior Games, my team won gold medals in our age group; three teammates and I were selected as All-Americans (wish George was still around to see that!). I often see players who were never taught the proper fundamentals of playing ball or, if they were, the lessons never stuck. For every player I see fitting that description, I'd

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wager they cost their team about a run per game, on average. That could get very expensive if there is more than one of those players on a team, especially if their opponents have no such handicap. The first chapters of this book will describe the things that a player should do automatically while playing softball. Succeeding chapters will suggest things a player can do to improve his game when not on the field, things I believe will help any player enhance his natural abilities. Incidentally, please excuse my apparent sexism in this volume. I realize that females play softball and will read this book, too, hopefully. When you see masculine pronouns, I'm just trying to keep it simple. That makes it so much easier than using something like "he/she" or some other gender-neutral term. Rest assured that I'm directing my thoughts to both sexes. Softball is one athletic endeavor in which you can participate almost your entire life. With the growth of senior softball, there's really no reason to hang up your cleats until physical infirmities arise, but even those often can be forestalled with proper conditioning. I hope this book helps you enjoy even more the game we all love.

Softball Fastpitch - Pitching Fundamentals

CATCHING-101: The Complete Guide for Baseball Catchers is the most comprehensive book ever written for baseball catchers. It contains tips, drills, and proper mechanics that will help every catcher or coach better understand the most difficult position on the field. This book contains information on EVERY aspect of catching that Coach Barksdale has learned through his years of experience from coaching nationally ranked NCAA teams, and playing at almost every level from Little League to professional baseball. A few of the topics covered in CATCHING-101 are: • Receiving • Blocking • Catching Pop Flies • Throwing • Fielding Bunts • Plays at Home Plate • Drills • Pitchouts • Pass

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Balls/Wild Pitches • Giving Signals • And More! If you have been searching for a source with lots of high quality information about catching, this is the book for you! CATCHING-101 was written by Coach Xan Barksdale who is currently an NCAA Division I baseball coach and an ex-professional baseball player. Coach Barksdale played in the Atlanta Braves organization and has been a featured speaker at the prestigious ABCA (American Baseball Coaches Association) national convention.

Fastpitch Softball

The Applied Research in Coaching and Athletics Annual

"The Windmill Pitcher is the most comprehensive book on fastpitch pitching that I have read. It is an excellent reference for both coaches and pitchers." -- Ernie Parker, world-renowned pitching coach "I now have a comprehensive reference book to offer the people who contact me about pitching. The chapter on increasing ball speed is outstanding. There was an incredible need for this book and I thank Barry for writing it." -- Sherry Werner, PhD, lead researcher, International Olympic Committee's Submission on Biomechanics and Physiology "One of the most comprehensive fastpitch instructional books on the market today. A must addition for any coach's library." -- Art Certosimo, DuPage County, Illinois Barry Simmons has been a pitcher in men's fastpitch softball leagues at all levels for 35 years. Also a student of art and design, Sammons used his knowledge to develop many of the illustrations used in the book. He is an attorney for the Milwaukee, Wisconsin firm of Quarles & Brady.

Coach's Guide to Game-Winning Softball Drills

CATCHING-101

A guide to programs currently available on video in the areas of movies/entertainment, general interest/education, sports/recreation, fine arts, health/science, business/industry, children/juvenile, how-to/instruction.

Softball 101

You volunteered to coach the softball team, but are you ready? How will you teach the fundamental skills, run effective practices, and harness the energy of your young team? Fear not: Survival Guide for Coaching Youth Softball has the answers. Longtime coaches Robert and Tammy Benson share their experiences and provide advice you can rely on from the first practice to the final game. Establishing realistic goals, in-game coaching tips, drills, strategies, and fun—it's all here. Develop your team's fundamental skills—fielding, catching, throwing, and hitting—with the Survival Guide's collection of the game's best youth drills. Included is a section on pitching instruction, and the ready-to-use practice plans will help you get the most out of every practice. Survival Guide for Coaching Youth Softball has everything you need for a rewarding and productive season. So step up and enjoy the experience. It will be one that you won't forget.

Fast-Pitch Softball Fundamentals

Take the field and play ball! Softball Fundamentals will have you pitching, fielding, hitting, and baserunning like an experienced player in no time at all. Learn to execute each of the game's key skills properly through the concise instruction and accompanying photos presented for each technique. More than 48 gamelike drills will speed your skill learning and improve your performance. You'll also learn how to apply your newfound skills in game situations and gain an understanding of offensive and defensive tactics to get an edge over your opponents. Softball Fundamentals is the best way to master the basics of the sport as you play. With this book, you'll make the right play from the very first day.

The Ultimate Hitting Fundamentals, Techniques, and Strategy Guide

Baseball Lessons How to Pitch

Coaching Youth Softball

Techniques of the game of softball accompanied by a brief history.

Inside Softball

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Field a winning fastpitch softball team year after year with the knowledge and insights of a coaching legend! *Coaching Fastpitch Softball Successfully* provides the guidance and technical expertise you need in order to build and maintain a competitive team, covering every facet of leading a squad on the field and developing a program off of it. Hall of Fame coach Kathy Veroni, who has won more than 1,250 fastpitch games in her career, and pitching expert Roanna Brazier share their insights and experiences in this authoritative, comprehensive guide to coaching fastpitch softball. From developing a coaching philosophy and planning for the season to teaching the skills and tactics of the game, you will find proven formulas for success within these pages. With practice and conditioning plans, administrative forms, sample scouting charts, tactics for dozens of game situations, and more than 130 drills, *Coaching Fastpitch Softball Successfully* is the most complete resource available for aspiring and experienced coaches alike. Take advantage of the authors' expertise to gain a winning edge over your competition.

Athletic Journal

Written for fast-pitch softball coaches and players of both genders and ages, this book looks at the details that transform strong skills into great plays and good players into great team members.

Health, Physical Education, Sports [catalog]

This is a practical Handbook for youth Baseball and Softball coaches, parents, and kids. It has 104

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pictures and illustration variations to look at. All the drills are numbered for easy reference between coaches and parents. Complete with diagram and illustration for each one. It covers all the Baseball and Softball fundamentals you will need to get started. It also has training games to play, game equipment, sample practice schedules, stair step guide for training, and it includes Slow Pitch fundamentals.

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