

L Monogram Initial Softball Journal Softball Journal Personalized Gift 6x9 Lined Blank Notebook 150 Pages Journal To Write In For Journaling Quotes Paperback Composition Book

Beyond Guilt TripsThe Altitude JournalsBranded MaleThe Art of Drawing DanglesJust Between Us SistersAlphabets Old and New, for the Use of Craftsmen: With an Introductory Essay on Art in the AlphabetCollege Fight SongsFloral NotebookRed Key RevolutionFiske WordPowerThe Softball Drill BookUnwrapping Your PassionThe Ingredients for Great TeachingAn Unfinished MarriageSoftball Skills & DrillsJ NotebookL Monogram Initial Softball Journal Just a Girl Who Loves SoftballL: Letter L Baseball Journal, Personalized Notebook Monogram Initial, 6 X 9Bullet JournalThrow Like a GirlLProfessional Management of Housekeeping OperationsCoaching Fastpitch Softball SuccessfullyMind of a Superior HitterManaging Little LeagueThe Lovely BonesHow to Play Softball for GirlsFacets of an Academic ' s LifeRoss-AdeJournalComputerCoach's Guide to Game-Winning Softball DrillsPitcher ConsciousnessLSurvival Guide for Coaching Youth SoftballCreate React App 2 Quick Start GuideThe Knife Went InHow To Say ItErt : Cinq Suites de LithographiesUtopian Literature and Science

Beyond Guilt Trips

Susie Salmon is just like any other young American girl. She wants to be beautiful, adores her charm bracelet and has a crush on a boy from school. There's one big difference though – Susie is dead. Add: Now she can only observe while her family manage their grief in their different ways. Susie is desperate to help them and there might be a way of reaching them Alice Sebold's novel *The Lovely Bones* is a unique coming-of-age tale that captured the hearts of readers throughout the world. Award-winning playwright Bryony Lavery has adapted it for this unforgettable play about life after loss.

The Altitude Journals

The evidence is overwhelming: sports help girls grow into strong women. Both scientific studies and anecdotal evidence confirm that athletic girls not only grow up to be healthier; they learn teamwork, gain inner confidence, and grow into society's leaders. Sports help preteen and teenage girls make the right choices in a society that is sending them incredibly mixed messages about who they are supposed to be. Yet no one is speaking directly to these girls. Jennie fills the role of girlfriend, big sister, team captain, and mentor. A smart, credible, and accomplished voice from an athlete who is strong and feminine, fiercely competitive, and fashionably cool, Jennie is someone young women will listen to and take to heart. Jennie's message: Believe in yourself. Go for it, girls.

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Branded Male

This 6 x 9 inches 110 page lined notebook with softball initial monogram featuring the letter "L" on the cover is perfect for all your writing, drawing and doodling needs. This travel-friendly book is perfect to bring on the go and has plenty of room to be used as a notebook, journal or composition book. Make this the gift to give to any little girls and young women with the initial "L".

The Art of Drawing Dangles

Cute Bullet Journal Notebook Features This Bullet Notebook and Dot Grid Journal has high-quality paper and a gorgeous, hand-designed classic White or Black or Pastel Hue Marble and Rose Gold cover. It has a 100 dot grid pages and measures 8 x 10 in size. Size: 8 x 10 inch Layout: Perfectly Spaced Dot Grid Paper: Acid free white paper Pages: 100 sturdy pages Binding: Perfect Bound Design: Marble and Gold This Dotted Notebook makes a great Christmas Gift or Holiday, Graduation or Beginning of the School Year Gift. This Bullet Journal is great for taking Notes, Jotting Lists, Doodling, Brainstorming, Prayer, Gratitude, Meditation and Mindfulness Journaling. Our Bullet Notebooks and Journals are the perfect gift for any occasion or anyone looking for Bullet Journal for Women, Cute Notebooks for Women, Girls and Teens, or Dot Grid Marble Journals. Visit the Blush Marble Notebooks Page for more Sizes and Styles.

Just Between Us Sisters

Shows you how to understand and use 10 key educational ingredients to become a better and more effective teacher.

Alphabets Old and New, for the Use of Craftsmen: With an Introductory Essay on Art in the Alphabet

College Fight Songs

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

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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.

Floral Notebook

Check out our other books by clicking on "Baby Grass Design" above. Letter L Baseball Journal. Are you a baseball or softball nut? Do you have a son, daughter, mom or dad that is? The look of a weathered baseball with your favorite letter carved into it. Nostalgic and vintage, makes the perfect Christmas or Birthday gift. Great as a diary, composition book, for writing notes, school work, or just ideas. 110 pages, College Ruled Line Paper. Perfectly sized at 6" x 9." Paperback notebook with a matte finish.

Red Key Revolution

Fiske WordPower

This is the life story of the oldest living member of the famous Wertheimer family, beautifully narrated and richly illustrated from the author ' s vast stock of memorabilia and his unfailing memory. It is a memoir, but at the same time a document of the exodus of German-speaking psychologists to the New World, which left the homeland scientifically shattered. This lovingly-written pictorial archive of 80 years of the history of modern psychology, shaped by the momentous events of WWII, belongs on the shelf of every psychologist, theoretical, experimental, and clinical, as it gives us the story of how the scientific heritage in Europe and America merged to form the broad and strong disciplines now in our hands, told by one of its premier historical representatives. Prof. em. Lothar Spillmann, University of Freiburg, Germany

The Softball Drill Book

Dave Ross (1871-1943) and George Ade (1866-1944) were trustees, distinguished alumni and benefactors of Purdue University. Their friendship began in 1922 and led to their giving land and money for the 1924 construction of Ross-Ade Stadium, now a 70,000 seat athletic landmark on the West Lafayette campus. Their life stories date to 1883 Purdue and involve their separate student experiences and eventual fame. Their lives crossed paths with U.S. First Lady Eleanor Roosevelt, Henry Ford, Amelia Earhart, and Will Rogers among others. Gifts or ideas from Ross or Ade led to creation of the Purdue Research

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Foundation, Purdue Airport, Ross Hills Park, and Ross Engineering Camp. They helped Purdue Theater, the Harlequin Club and more. Ade, renowned author and playwright, did butt heads with Purdue administrators at times long ago, but remains a revered figure. Ross's ingenious mechanical inventions of gears still steer millions of motorized vehicles, boats, tractors, even golf carts the world over.

Unwrapping Your Passion

Express your love of sports with this first name initial lined notebook/journal. This travel-friendly book is perfect for all your writing, drawing and doodling needs. Make this the gift to give to your sport loving friends and family for any occasion.

The Ingredients for Great Teaching

This volume provides a fascinating sample of Erte's very best graphic work, offering every plate from: "The Alphabet" (1977); "The Numerals" (1968); "The Aces" (1974); "The Precious Stones" (1969); and "The Seasons" (1970).

An Unfinished Marriage

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.

Softball Skills & Drills

The how-to guide to finding true passion among aging.

J Notebook

Integrate your React applications with React to build efficient web services. Key Features Learn React by building applications

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with Create React App Create interactive UIs exploring the latest feature of CRA 2.0 Build Progressive Web Applications for a more seamless web Book Description If you're a power user and you aren't happy always reusing default configurations, from previous applications with each new application, then all you need is Create React App (CRA), a tool in the React ecosystem designed to help you create boilerplate code for building a web frontend. This book will help you use CRA to write React programs without significant configuration-related difficulties. With this quick start guide, you will integrate your applications with React to build efficient professional web services. You will learn to design UIs with the features of CRA and template your React applications. By the end of the book, you will be sufficiently skilled to be able to build faster and effective React apps using CRA. What you will learn Become familiar with React by building applications with Create React App Make your frontend development hassle free Create interactive UIs exploring the latest features of CRA 2 Build modern, React projects with, SASS, and progressive web applications Develop proxy backend servers and simulate interaction with a full backend Keep your application fully tested and maintain confidence in your project Who this book is for The book is intended for the web developers who want to jump into building great frontend with React using easy templating solutions.

L Monogram Initial Softball Journal Just a Girl Who Loves Softball

This book is intended for adult readers only. It is an uncensored critique of contemporary teachings on the mental side of baseball and softball. I address the common practices and methods that are being propagated today and pull no punches whatsoever. If you are a college, pro or international pitcher who wants to know what it takes to be the best, then this book is for you. If you aren't driven to be the best, maybe consider reading the book and then decide if average is acceptable. I don't teach pitchers to be average or to "just accept failure" unlike some key people. In this book, you will learn: -The hidden potential of the Adaptive Unconscious that helps you make impeccable snap decisions. -How to read hitters' intentions based on how they swing the bat on a pitch by pitch basis. -The thought and focal patterns of the best pitchers in the game. -That the Zone is real and that you can access it nearly anytime. -How to drastically reduce your suggestibility so you can stay in the Zone. -And much more

L: Letter L Baseball Journal, Personalized Notebook Monogram Initial, 6 X 9

Mind of a Superior Hitter: The Art, Science, and Philosophy takes an in-depth look into the key aspects of becoming a great hitter from a psychological, emotional and strategic perspective. The book is designed to enhance the intelligence of hitters in both baseball and softball on a level that is unprecedented. It includes quotes and advice from some of the top hitting coaches in the world, former professional players and prominent minds that have contributed to today's leading hitting ideologies. Throughout, players and coaches are provided valuable information on what it takes to become a better all-around hitter. Hitters of all ages will learn how to: - MENTALLY DEAL WITH SLUMPS - DEVELOP IMPROVED FOCUSED IN THEIR

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TRAINING - BECOME A BETTER SITUATIONAL HITTER - CUSTOMIZE THEIR SWING TO FIT THEIR STRENGTHS - BE MORE CONFIDENT AND POSITIVE IN THEIR APPROACH Input from master teacher's of hitting such as: - Steve Springer, former professional player and hitting coach - C.J. Stewart, former professional player and private hitting coach for pro players - Laura Berg, 4-time All-American softball player, 4-time Olympian and Olympic Hall of Famer - Jacob Cruz, former MLB player and professional hitting instructor

Bullet Journal

Learn how to manage your youth team to successWith its "teach basics and have fun" approach, Managing Little League Baseball is dedicated to helping you teach baseball fundamentals to boys and girls while emphasizing how to make the experience rewarding for you and your players. Fully approved by Little League Baseball® and illustrated with instructive photos and diagrams, this book will give you the tools you need to develop prepared ballplayers. Inside you'll learn: Twenty of the most important and frequently used Little League baseball rules, including the latest change and the new rules regarding pitchers The fundamentals of hitting, baserunning, defense, and pitching Tips on motivating players, game strategy, and special challenges such as competitive pressure and demanding parents An inside look at Little League softball

Throw Like a Girl

If you like coloring, tangling, or lettering, you'll love to dangle! Dangles are a beautiful and whimsical new art form for people who love coloring and tangles. By adding charms and pretty embellishments to letters and artwork, you can make your own dangles. With 50 projects in the book, you can add stunning patterns and color to dangles, personalize your dangles with charms that are unique to you, and create dangle words from the dangle alphabet in the book. Dangles are a perfect way to accentuate your stationary, invitations, lettering, and more.

L

The true account of a 44-year-old man in the midst of personal crisis who goes on to become the 65th American to stand atop all seven continental summits, including Mt Everest. At times triumphant, humorous, heart breaking and poignant, THE ALTITUDE JOURNALS takes readers on an epic worldwide adventure.

Professional Management of Housekeeping Operations

Notebook This notebook is a wonderful multi-purpose journal for sketching, jotting down thoughts, study, do business, and

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writing notes. The notebook is made with flexible laminated softback cover, which helps repel liquids. The notebook is durable and eye-catching. If you would like to see a sample of the notebook, click on the "Look Inside" feature. Specifications: -Layout: Unlined -Dimensions: 8.5" x 11" -Soft, laminated paperback cover -Cover color: check out the other colors in this type by clicking on our website or author's page. -100 pages or 50 sheets -Paper Weight: 60lb text/90 GSM -Pages are numbered -Acid Free Paper -Binding: Perfect -Made with love in Italy for the world. Let your writing bloom within the pages of this elegant notebook. Enjoy your notebook

Coaching Fastpitch Softball Successfully

The Exclusive System to Learn-Not Just Memorize-Essential Words A powerful vocabulary opens a world of opportunity. Building your word power will help you write more effectively, communicate clearly, score higher on standardized tests like the SAT, ACT, or GRE, and be more confident and persuasive in everything you do. But in order to truly increase your vocabulary, you need a system that works. With most guides, you end up only memorizing the new words for a short time, often not even long enough to use them in tests. Fiske WordPower is different. Using the exclusive Fiske system, you will not just memorize words, but truly learn their meanings and how to use them correctly. This knowledge will stay with you longer and be easier to recall-and it doesn't take any longer than less-effective memorization. How does it work? This book uses a simple three-part system: 1. Patterns: Words aren't arranged randomly or alphabetically, but in similar groups that make words easier to remember over time. 2. Deeper Meanings, More Examples: Full explanations-not just brief definitions-of what the words mean, plus multiple examples of the words in sentences. 3. Quick Quizzes: Frequent short quizzes help you test how much you've learned, while helping your brain internalize their meanings. Fiske WordPower is the most effective system for building a vocabulary that gets you clear and successful results.

Mind of a Superior Hitter

Go, team, go! Rah, rah, rah! Boomalacka, boomalacka! Sis-boom-bah! Get your pennants and varsity colors and head for the stadium because College Fight Songs will make you an expert on the musical history of university athletic themes and anthems before the second-half kickoff. Here, in one anthology, you ' ll find a unique collection of musical and historical information that hasn ' t been compiled and updated since the days of Knute Rockne and the Galloping Ghost. This smart and spirited collection will give you plenty to rise and shout about, bringing together the complete lyrics, brief historical annotations, and musical scores for the songs of over 100 of the country ' s most recognized colleges and universities. If you ' re a researcher, librarian, musical enthusiast, band leader, musical historian, old-timer from way back when, or a young underclassmen interested in preserving a few cherished notes of your school ' s history, College Fight Songs is the book for you. You ' ll find plenty of hard-to-find facts about the songs and the people who inspired them, and you ' ll get specific information in these areas: complete

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musical scores of college fight songs full lyrics of college fight songs basic historical background concerning the songs and their institutions information regarding the song creators and the college nicknames So, swing on the Rambling Wreck from Georgia Tech, rally around the bonfire and give a holler for the Buckeyes, the Wildcats, the Sooners, the Boilermakers, and the Tigers! The Gipper, the Bear, and Johnny U await you in this fabulous compendium of nostalgia and musical scores. Even after a few pages, College Fight Songs will have you hailing your alma mater and jumping in the car to head for the hop.

Managing Little League

After a year-long journey of self-discovery, the author recounts how she and her husband struggled to rebuild and rejuvenate their marriage to form a brand new partnership.

The Lovely Bones

This practical guide features comprehensive lists of words, phrases, sentences, and paragraphs that allow you to express yourself on any subject in your own voice and style. It teaches what to include and what to leave out when writing. Whether you want to sound formal or casual, traditional or contemporary, businesslike or lighthearted, distant or intimate, you ' ll find here the words for every letter writing occasion, including: - Business letters - Personal letters - Get-well cards - Invitations - Resumes - And more! With helpful grammatical appendices and sample letters, say goodbye to your writing etiquette worries!

How to Play Softball for Girls

Facets of an Academic ' s Life

The male market is exploding. Thanks to emerging social and cultural trends, men are becoming consumers to reckon with. In 1990 only 4% of men claimed to regularly use a skin care product. By 2015 the figure will have risen to 50%. Branded Male discusses the evolution of the male consumer and the desire of marketers to tap into the still underdeveloped male market. Crammed with facts and anecdotes, Branded Male analyses how to effectively brand products and services for the male market. Using a typical modern male's weekday as a template and examining all the influences affecting him, the book considers his exposure to brands and the ways marketers can exploit these channels, taking you through popular strategies for marketing to men. In his trademark style, Mark Tungate - the author of Fashion Brands: Branding Style from Armani to Zara - paints a portrait of the male consumer. From razor blades to beer, from aftershave to hotels, he finds out which marketing messages have the most impact on male wallets. Men's bank balances may never be the same again.

Ross-Ade

Every year, hundreds of thousands of young people pack their bags to study or volunteer abroad. Well-intentioned and curious Westerners--brought up to believe that international travel broadens our horizons--travel to low-income countries to learn about people and cultures different from their own. But while travel abroad can provide much-needed perspective, it can also be deeply unsettling, confusing, and discomfoting. Travelers can find themselves unsure about how to think or speak about the differences in race or culture they find, even though these differences might have fueled their desire to travel in the first place. Beyond Guilt Trips helps us to unpack our Western baggage, so that we are better able to understand our uncomfortable feelings about who we are, where we come from, and how much we have. Through engaging personal travel stories and thought-provoking questions about the ethics and politics of our travel, Beyond Guilt Trips shows readers ways to grapple with their discomfort and navigate differences through accountability and connection.

Journal

“ 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 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

Computer

Very unique Notebook with loving theme plus a 2020 calendar, perfect for a gift! It can be used for notes, plans It has more than 110 lined pages where you can write down everything that will come to your mind! It is just a lovely unforgettable gift for her.-
Product Details: - January 1, 2020 to December 31, 2020 - Beautiful premium matte cover - Perfectly sized at 6 x 9 so it is both portable and practical

Coach's Guide to Game-Winning Softball Drills

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Do you love softball? Do you want to improve your softball skills? This is the book for you. Softball is a game of skill and hard work. Some players are blessed with skill, size or desire. This book will help you mentally and physically get ahead of the competition. This book breaks down fundamentals, but it also gives you instructions to help you be one step ahead of your peers or competitors. One of the most important parts of the game is being able to hit the ball. This book can help you with being a better softball player. This book includes: Rules of the game Tips for Beginners Basic Softball Drills History of the Game Softball Positions Hitting Techniques Social Skills and Softball Much more

Pitcher Consciousness

Scientific progress is usually seen as a precondition of modern utopias, but science and utopia are frequently at odds. Ranging from Galileo's observations with the telescope to current ideas of the post-human and the human-animal boundary, this study brings a fresh perspective to the paradoxes of utopian thinking since Plato.

L

Just a girl who loves Softball monogram notebook features the letter L on the cover. There is ample room inside for writing notes and ideas. Whether it's for work, college, home or pleasure this hand-designed stylish journal will meet your needs. The perfect positive journal for anyone. Journal Features: 110 pages Dimensions: 6"x9" Interior: White Paper, lined Matte Finish Cover for an elegant look and feel Buy this hand-designed Just a girl who loves Softball notebook today and receive fast delivery service from Amazon. Visit our Author page for many more journal and notebook designs.

Survival Guide for Coaching Youth Softball

Monogram Notebook Features: 120 blank wide lined white pages Two-sided wide ruled sheets Perfect sturdy matte softbound cover 8.5" x 11" the perfect size for your purse, tote bag, desk, backpack, school, home or work Can be used as a notebook, journal, diary or composition book for school and work Great for taking notes, writing, organizing, lists, journaling and brainstorming Notebooks make the perfect gift for adults and kids for any gift giving occasion

Create React App 2 Quick Start Guide

Provides students and practitioners with the latest data on how to open, operate and manage housekeeping in a hotel or motel. Presents material in the order of responsibilities encountered by someone assigned to open a new facility and uses an authentic facility model throughout. New to this edition is a chapter on environmental services which covers hospitals and health care

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institutions, elementary microbiology, infectious waste control and disposal; additional information on material management with attention to OSHA requirements for handling cleaning supplies and chemicals; an expanded chapter on loss prevention, security surveys and liability due to negligence; and detailed coverage on budgeting a rooms department for a commercial hotel.

The Knife Went In

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.

How To Say It

For anyone who has ever stood at a crossroads or been at a pivotal moment in their lives, remember--you can always start over. * Have you ever achieved success at something and found it not as fulfilling as you hoped it would be? You're not alone. * What if our version or definition of success won't bring us the sense of fulfillment we think it will? * How do you define significance and how do we become significant? In Red Key Revolution, Jordan Kemper challenges you to reevaluate what it is you're after and why. During his pursuit of success, he found that significance is ultimately what our hearts desire. He unravels his story, including a decision he made as a teenage boy on behalf of a woman he would not meet for almost 20 years--his wife. That decision changed his perspective forever and ultimately led to the fruition of this revolution. We make decisions every day that will affect the people we meet tomorrow. Through a series of questions and action steps, Red Key Revolution will help you gain clarity on how to deliberately and intentionally pursue significance and success. Sacrifices are necessary for anything worthwhile, and when you sacrifice for what matters most, it's guaranteed to be worth it. Kemper's book redefines success in a way that leaves a legacy--the kind of success that will matter long after you're gone.

Ert : Cinq Suites de Lithographies

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Utopian Literature and Science

Packed with 175 drills straight from the practice sessions of the game ' s most successful programs, The Softball Drill Book will add variety to your practices and precision to your game-day performances. The comprehensive collection covers every aspect of the game. From warm-up to conditioning, throwing to hitting, bunting to base-running, you ' ll find drills to improve position skill and team execution - all from college coaches and programs that have won 13 NCAA Women ' s College World Series titles and dozens of NCAA regional tournament titles. Contributors include: Louie Berndt, Florida State Carol Bruggeman, Louisville Yvette Girouard, Louisiana State Michelle Gromacki, Cal State Fullerton Deanna Gumpf, Notre Dame Carol Hutchins, Michigan Kelly Inouye-Perez, UCLA Jay Miller, Mississippi State Jennifer Ogee, Nebraska Kim Sowder, Long Beach State Heather Tarr, Washington Michelle Venturella, Iowa Kirk Walker, Oregon State Margie Wright, Fresno State One look at the names above and it is clear, The Softball Drill Book is your blueprint for championship practices. ContentsPart I Training Drills Chapter 1. Warming Up Carol Bruggeman Chapter 2. Conditioning Michelle Venturella Part II Fundamental Skills Drills Chapter 3. Catching Deanna Gumpf Chapter 4. Throwing Louie Berndt Chapter 5. Base Running Jay Miller Chapter 6. Hitting Jennifer Ogee Chapter 7. Bunting Michelle Gromacki Chapter 8. Slap Hitting Heather Tarr Part III Position-Specific Drills Chapter 9. Infielders Kim Sowder Chapter 10. Outfielders Margie Wright Chapter 11. Pitcher Kirk Walker Chapter 12. Catcher Kelly Inouye-Perez Part IV Tactical Drills Chapter 13. Team Offense Carol Hutchins Chapter 14. Team Defense Yvette Girouard

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