

## **Softball Basics All About Softball**

Rookie Coaches Softball Guide How to Play Softball for Girls Physics of Baseball & Softball Softball Rules in Pictures Softball, Track and Field Guide with Official Rules Defensive Softball Drills Teach'n Baseball and Softball Pitching Free Flow Handbook Championship Slowpitch Softball Softball Instructor's Guide Learn To Play Softball Softball Coaching Youth Softball Teaching Softball Softball Complete Guide to Slowpitch Softball The Softball Drill Book Softball Coaching Books: How to Learn Softball Skills and Drills in 60 Minutes and Steps to Success! Illustrated Rules of Softball Coaching Fastpitch Softball Successfully A Basic Guide to Softball Nirsa Slow Pitch Softball Rules Book & Umpires' Manual Softball Skills & Drills How to Play Softball for Girl Softball, with Official Rules Teach'n Baseball & Softball Handbook/Guide for Parents & Coaches Softball Guide, with Official Rules and Standards Batter Up! Fastpitch Softball Softball Rules Softball Everyone Softball Fundamentals Softball Softball Pitching Edge Officiating Softball Softball Fun Competitive Fastpitch Softball for Girls Softball Official Softball-track and Field Guide with Official Rules Fast-Pitch Softball Fundamentals Coaching Youth Softball

### **Rookie Coaches Softball Guide**

"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.

### **How to Play Softball for Girls**

### **Physics of Baseball & Softball**

### **Softball Rules in Pictures**

Coaching Girls Softball 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

### **Softball, Track and Field Guide with Official Rules**

#### **Defensive Softball Drills**

Make sure you're in the right place at the right time to make the right call. Based on National Federation of State High School Associations (NFHS) rules, *Officiating Softball* covers officiating procedures and responsibilities, plate and field umpire mechanics for both fast-pitch and slow-pitch softball, and rules application. You'll learn what's expected of you as an umpire, pre- and postgame duties, and equipment and safety regulations. The book contains three chapters detailing basic umpiring positions and descriptions; plate umpire mechanics; field umpire mechanics; and one-, two-, and three-umpire systems. Also included are real-life cases that demonstrate correct rulings, point out common umpiring errors and how to avoid them, and challenge you to make the right call in game situations. *Officiating Softball* is not a rules book--it's a practical resource on applying the rules and umpiring mechanics developed and approved by the NFHS. *Officiating Softball* was written by the American Sport Education Program (ASEP) in cooperation with the NFHS. It serves as the text for the NFHS *Officiating Softball Methods Online Course*, offered through the NFHS Officials Education Program.

### **Teach'n Baseball and Softball Pitching Free Flow Handbook**

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 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.

### **Championship Slowpitch Softball**

Congratulations on your commitment to coach youth softball. If you're new to coaching, you'll find *Coaching Youth Softball* invaluable in making your first season a success. If you have previous coaching experience, you're sure to discover tips and strategies that will help you improve on last year. *Coaching Youth Softball* will help you manage your team with confidence. This age-specific and field-tested coaching guide will prepare you to handle your responsibilities and establish proper priorities as a coach; communicate with players, officials, other coaches, and parents; teach softball skills and strategies using a combination of 27 drills and 39 coaching tips; minimize the risk of injury, establish a safe playing environment, and administer basic first aid; plan and conduct efficient practices; manage your team on game day; and keep it all fun. Written for coaches of players ages 18 and under, this book is a valuable component of the *Coaching Youth Softball: The Babe Ruth League Way* online course, the official certification course of Babe Ruth League, the premier amateur baseball and softball program in

the world. With this book, you will create and nurture an athlete-centered environment that promotes player development, enjoyment, motivation, safety, and sportsmanship—an environment that inspires players to perform at their best and come out for the team year after year.

### **Softball Instructor's Guide**

### **Learn To Play Softball**

Fun, safety, and effective instruction are the focus of the fourth edition of *Coaching Youth Softball*, helping you create an environment that promotes learning, cultivates a love of the game, and motivates your athletes to come out for the team year after year. Numerous coaching books present the skills and drills of softball. But here's a book that teaches you how to convey those skills to your athletes in an engaging and positive manner. Endorsed by Babe Ruth Softball, *Coaching Youth Softball* is focused on teaching offensive and defensive skills through gamelike drills, which sets it apart from the current lineup of softball coaching books. The fourth edition includes 12 new drills and 37 age-specific coaching tips that are sure to jump-start your practices, all in a reorganized format geared for sequential learning and quick reference. *Coaching Youth Softball's* double play of softball fundamentals and essential coaching skills, like communicating with parents and officials, motivating players, and preparing for games and practices, makes this book a must-read as you prepare to meet the challenges and enjoy the rewards of coaching young athletes.

## **Softball**

### **Coaching Youth Softball**

Learn to Play Softball features an overview of the history of softball in Australia and around the world, along with its rules, equipment, key skills and warm-ups. It is ideal for young players who are being introduced to the sport for the first time, as well as enthusiasts who want to hone their skills. Readers will bring to the field a grasp of the basic principles and the confidence to participate.

### **Teaching Softball**

Explains and illustrates the rules of softball, and covers field dimensions, equipment, the pitcher, the batter, base running, appeal plays, and substitutions

## **Softball**

Here's a fast-paced look at the world of women's softball, including examples of how to play and where to go to find a team. The author gives detailed guidance about the rules and exercises of the sport.

### **Complete Guide to Slowpitch Softball**

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

### **The Softball Drill Book**

### **Softball Coaching Books: How to Learn Softball Skills and Drills in 60 Minutes and Steps to Success!**

This book describes the physics of baseball and softball, assuming that the reader has a basic background in both physics and mathematics. The physics will be explained in a conversational style, with words and illustrations, so that the explanations make sense. The book provides an excellent opportunity to explain physics at a relatively simple level, even though the primary objective is to explain the many subtle features concerning the physics of baseball. For those readers who already know quite a bit of physics and who will be comfortable with mathematical equations, additional material of this nature will be provided in appendices. The latest research findings and statistical data have been

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incorporated by the author. The book also contains many simple experiments that the reader can perform to convince themselves that the effects described do indeed exist.

### **Illustrated Rules of Softball**

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.

### **Coaching Fastpitch Softball Successfully**

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

### **A Basic Guide to Softball**

66 drills for improved individual and team fielding.

### **Nirsa Slow Pitch Softball Rules Book & Umpires' Manual**

## **Softball Skills & Drills**

## **How to Play Softball for Girl**

## **Softball, with Official Rules**

Softball: Steps to Success is excellent as either a course text or a self-instruction guide. Either way, this unique progression of skills will help players get started quickly, make steady progress, and proceed at their own pace.

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

Describes the history and current teams, leagues, and championships of softball and provides instruction on how to play the game.

## **Softball Guide, with Official Rules and Standards**

Packed with 175 drills straight from the practice sessions of the game's most successful programs, The

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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.

Contents

Part 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

**Batter Up!**

### **Fastpitch Softball**

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

### **Softball Rules**

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.

### **Softball Everyone**

Explains the basic rules of softball and provides information on players' positions and officials' signals.

## **Softball Fundamentals**

Improve your play at the plate, on the base paths, and in the field by mastering the essentials of the game. *Softball: Steps to Success* offers a comprehensive, progressive approach that combines in-depth instruction, crisp illustrations, and 127 drills. Any player can become fundamentally sound and be ready to take the field. You'll find detailed instruction on every individual skill necessary for success in the game: catching, throwing, fielding, pitching, hitting, and baserunning. This updated edition also includes these features: -Responsibilities of each position on the field and every batter in the lineup -Offensive and defensive tactics for specific game situations -Emphasis on the short game, covering five types of bunts and the running slap hit -An expanded section on pitching that includes seven types of pitches for modified-pitch, slow-pitch, and fastpitch games -Skill-development drills with assessment scoring systems to gauge progress along the way Hits, runs, putouts, and double plays are at your fingertips. With *Softball: Steps to Success*, part of the popular *Steps to Success* Series that has sold more than 1.5 million copies, your performance on the diamond will shine.

## **Softball**

A basic introduction to the game of softball as played by children.

## **Softball Pitching Edge**

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.

### **Officiating Softball**

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.

## **Softball Fun**

Offers techniques and strategies for softball coaching, using examples from the author's experiences

## **Competitive Fastpitch Softball for Girls**

Offers information on the responsibilities of coaching, first aid skills, communication skills, and the tools necessary for doing an effective job coaching

## **Softball**

## **Official Softball-track and Field Guide with Official Rules**

Offers an introduction to the history, techniques, equipment, and rules of softball.

## **Fast-Pitch Softball Fundamentals**

Outlines the main rules in the game of softball.

## **Coaching Youth Softball**

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Hall of Famer Rainer Martens has been playing softball for over 45 years. He currently coaches and plays for the Florida Legends—winners of over 80 national championships in the last 20 years. Although many books focus on fastpitch softball, this is the first comprehensive guide for slowpitch softball played by more than 13 million in the U.S. Includes over 200 photos and a 45-minute DVD that presents demonstrations of offensive and defensive techniques and tactics. Original.

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