

Read Book Online Softball Coaching Books How To Learn Softball Skills And Drills In 60 Minutes And Steps To Success

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Survival Guide for Coaching Youth Softball
Coaching Kids to Play Baseball and Softball
Softball Fundamentals
Coaching Youth Softball
Softball Finished It Game Sense
Softball Coach'S Guide The Complete Softball Coaches Guide
Coaching Youth Softball
Softball Pitching Edge
The Softball Drill Book
Coaching Women's Softball
Softball Coach
Coaching Youth Softball
Softball Skills & Drills
High-Scoring Softball
Coach's Guide to Game-Winning Softball Drills
Throw Like a Girl
Beginning Mental Training Skills for Softball
Coach I'll Be There For You
Mandala Coloring Book
Softball Drills: Collection 1
I Teach My Kids To Hit and Steal
The Softball Coaching Bible, Volume II
Practice Perfect Softball
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The Softball Coaching Bible
Coaching Fastpitch Softball Successfully
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Athlete-centred Coaching
The Art Of Coaching Softball
A Must Read Book For Coaches At All Levels
Women's College Softball on the Rise
Fast-Pitch Softball Fundamentals
Softball Coaches Toolkit
Fastpitch Softball Coaching Manual 6-12 Years Old
Coaching Softball Technical and Tactical Skills
The Baseball Drill Book
The Ultimate Guide to Weight Training for Softball

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Survival Guide for Coaching Youth Softball

Offers 198 activities for baseball players' training. Covers drills for warm-up, throwing, catching, base running, hitting, pitching, and fielding.

Coaching Kids to Play Baseball and Softball

What are women softball players looking for in a coach? Drawing on interviews with 50 college players and a survey of players from all NCAA divisions, this book explores what players want and need: someone who connects with them on and off the field, a competent leader who knows and loves the game and mentors them with a vision beyond softball. Coaches from major Division One conferences, as well as Divisions Two and Three and Junior College ranks weigh in, sharing their experiences and coaching strategies--among them four-time Olympian Laura Berg, Baylor University Coach Glenn Moore, University of South Carolina Coach Bev Smith, and four coaches with national championships to their credit. Taking cues from the coaches and players themselves, softball coaches will have the tools they need to revolutionize their approaches.

Softball Fundamentals

The road to a championship season begins long

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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.

Coaching Youth Softball

In *The Softball Coaching Bible, Volume II*, the NFCA has assembled a stellar lineup of coaches who share the insights that have helped them establish successful programs. This book presents the most comprehensive information on fielding, hitting, training, forming a coaching staff, and helping develop well-rounded student-athletes.

Softball

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Sidestepping the inflated egos and scandal that have infiltrated many men's sports, college female softball players exhibit power and grace on the field as well as camaraderie, high achievement and vulnerability off the field. This balance not only makes the game compelling to watch, but it also elevates women's softball as an aspirational model for other sports. Focusing on the 2018 season, this book explores gender performance and sexuality in softball, how the influx of money from the sport's growth has reshaped expectations of success, and traditional media coverage of women's sports.

Finished It

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

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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.

Game Sense

Softball Coach'S Guide The Complete Softball Coaches Guide

Learn to use basic mental training skills to improve and enjoy your sport experience. A book that gives you the foundation skills and information to performance enhancement through the process. Benefit from my 22 years of experience and education which includes sports psychology for athletes and coaches:

Coaching Youth 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 instruction, advice, and coaching tips on mastering

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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.

Softball Pitching Edge

Softball Drills, Collection 1 includes over 150 drills for softball coaches and players of all levels. The drills can be used to develop and improve skill technique and team performance in a variety of game situations, drill diagrams and images for quick and easy comprehension.

The Softball Drill Book

"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.

Coaching Women's Softball

Softball Coach Gifts Notebook or Daily Journal For

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Gratitude, Reflections, Ideas, Notes, Lists, Goals and Reflections on the players, team and season Great for lists and goal setting 8.5x11 BEAUTIFUL SOFTBALL DESIGN JOURNAL/NOTEBOOK with 110 LINED Wide Ruled PAGES (55 sheets) A wonderful journal/notebook to write or compose thoughts and ideas. Great for the player, coach or team that loves softball. Also ideal for back to school writing and composition. A perfect sized book to take anywhere you go.

Softball Coach

Offers advice on coaching softball from twenty-eight top coaches, covering priorities and principles, program building, practice sessions, team strategies, player motivation, and other topics.

Coaching Youth Softball

Softball Skills & Drills

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

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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.

High-Scoring 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

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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.

Coach's Guide to Game-Winning Softball Drills

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.

Throw Like a Girl

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Funny mandalas coloring book gift for softball coach 8.5"x11" 100 pages with 50 Unique Mandalas Fun, easy, and relaxing coloring pages Great gift ideas for family and friends on any occasion. Order today!

Beginning Mental Training Skills for 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.

Coach I'll Be There For You Mandala Coloring Book

The Softball Coaches' Toolkit is written for softball coaches who want to make their life a lot of easier and make their coaching more effective. Most importantly, this book is for those who want to become a better coach faster. That's because this is the result of coach Peter Sprenkle's 40 years working as a softball coach starting in the late 1970s until today--you'll no longer have to spend decades learning complicated drills and other skills on your own. Plus, the book comes with over 200 tools that you use on a wide variety of occasions. These tools include practice plans, line up forms, contests, drills, motivational materials, self assessments, and a 40-page team handbook just to name a few. The tools are a part of Coach Peter's unique 'Show, Explain, and Do' approach to coaching. The toolkit shows you how to perform drills and other essential skills, which are

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explained in the book so you can train your players to execute more effectively, or the 'Do' part of the process. Build up your coaching experience today with The Softball Coaches' Toolkit!

Softball Drills: Collection 1

I Teach My Kids To Hit and Steal

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 Softball Coaching Bible, Volume II

Practice Perfect Softball

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

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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.

Winning Softball for Girls

Shows how to teach the basic throwing, catching, hitting, pitching, and fielding skills, recommends drills, and discusses equipment, shoes, and clothing

The Complete Softball Coaches Manual

So you want to get into coaching softball, but you need a good place to start. We are here to help you get squared away and have your squad ready to rock and roll. This manual covers mostly softball related topics, but much of what's inside can be used for baseball too. Consider this book as a complete guide to everything you need to know to teach the game of softball (and most of baseball too!). It's a list compiled

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of what's been proven to work based on my 16 years of coaching competitive youth softball (up to High School varsity) and competitive youth baseball. I have also taken many tips and tools from World Champion College Softball Coaches and Major League Baseball Players/Coaches. If your heart is in the right place, you can't go wrong coaching. This guide will help you let the players reach their fullest potential.

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

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.

The Softball Coaching Bible

For more than a decade, coaches have relied on one classic resource for their every coaching need. Featuring the advice, wisdom, and insights from the sport's legendary coaches, The Softball Coaching Bible, Volume I, has become the essential guide for coaches at every level worldwide. The Softball Coaching Bible, Volume II, picks up where the first volume left off, providing more instruction, guidance, recommendations, and expertise for every aspect of the sport. The NFCA has put together another stellar lineup of coaches who share the guidance that helped them establish such well-respected softball programs:

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Patty Gasso Jeanne Tostenson-Scarpello Chris Bellotto George Wares Kris Herman Bob Ligouri Karen Weekly Elaine Sortino Frank Griffin Bonnie Tholl Michelle Venturella Beth Torina Jenny Allard Ehren Earleywine Erica Beach Stacey Nuveman John Tschida Teena Murray Donna Papa Carol Bruggeman Kyla Holas Kelly Inouye-Perez Sandy Montgomery Rachel Lawson Kristi Bredbenner Deanna Gumpf It's all here—developing players, building a winning program, assessing and refining essential skills and techniques, and incorporating the most effective strategies for any opponent or in-game situation. If you coach the sport and want a competitive edge in today's game, *The Softball Coaches Bible, Volume II*, is the must-have resource for every season.

Coaching Fastpitch Softball Successfully

So you want to get into coaching softball, but you need a good place to start. We are here to help you get squared away and have your squad ready to rock and roll. This manual covers mostly softball related topics, but much of what's inside can be used for baseball too. Consider this book as a complete guide to everything you need to know to teach the game of softball (and most of baseball too!). It's a list compiled of what's been proven to work based on my 16 years of coaching competitive youth softball (up to High School varsity) and competitive youth baseball. I have also taken many tips and tools from World Champion College Softball Coaches and Major League Baseball Players/Coaches. If your heart is in the right place, you can't go wrong coaching. This guide will help you

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let the players reach their fullest potential.

College Softball Recruiting

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.

The Softball Coaching Bible

“Mastering these drills will arm your players with one of the biggest intangibles necessary to perform well--confidence.” --Michele Smith Two-time Olympic

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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

Athlete-centred Coaching

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

The Art Of Coaching Softball A Must Read Book For Coaches At All Levels

Welcome to the Complete Coaches Manual. What will you find inside and how should you use this complete manual? This manual covers mostly softball related topics (and I use the term softball throughout), but much of what's inside can be used for baseball too.

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Other than the major differences in pitching, and the things you have to change with 60' bases vs. 70'-90' bases, much of the two sports can be taught the exact same way. Inside you will find a list of all of the defensive positions and a complete list of all of the responsibilities that position has. Some are the same, but many are very different and unique. And some are very different if the player is left or right handed. All of that is covered in detail. Everything from a First basemen fielding a bunt or scooping a bad throw, to a Shortstop's double play footwork at Second base, to an Outfielder playing a ball off the fence or making a Do or Die Crow Hop throw home to stop the winning run. There's also a complete guide to playing Catcher that covers everything from framing to blocking to throwing runners out. And it goes way beyond the mechanics of each position's responsibilities. I also cover things like Sprinting mechanics, Pitching and Throwing mechanics, Position based throws, Catching a throw, Fielding fly balls and ground balls. I cover Hitting, slapping and bunting mechanics too, along with the mental approach to hitting. There's a pitch calling chart, a bat size chart, some examples of signs and signals for offense and defense and more! Consider it a complete guide to everything you need to need to know to teach the game of softball (and most of baseball too!). And these aren't just my opinions either. It's a list compiled of what's been proven to work based on my 16 years of coaching competitive youth softball (up to High School varsity) and competitive youth baseball. I have also taken many tips and tools from World Champion College Softball Coaches and Major League Baseball Players/Coaches. What's the best way to use it? Well

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in the front you will find a table of contents that is also an outline of everything inside the manual. You can use that to find what you're looking for inside, or just use it as a reminder of things you want to cover at practice or a private lesson. Then inside, everything is broken down into a very detailed step by step checklist that is easy to follow and explain to your players. This manual is great for coaches of any experience level, whether you just volunteered to help out with the coach pitch team or you're the head Varsity Coach. And it's great for kids of any skill level too. If you think your players aren't ready to learn about the ideal bat speed or attack angle, then skip it until they're older. But it's in there when they're ready. But if you want to teach your 10 year old player how to slap hit or how to dive and get up, it's in there with easy to follow step by step directions. I've even included some drills and games that I've come up with and borrowed over the years to help keep practice interesting. If your heart is in the right place, you can't go wrong coaching. This guide will help you let the players reach their fullest potential.

Women's College Softball on the Rise

Game Sense is an exciting and innovative approach to coaching and physical education that places the game at the heart of the session. It encourages the player to develop skills in a realistic context, to become more tactically aware, to make better decisions and to have more fun. Game Sense is a comprehensive, research-informed introduction to the Game Sense approach that defines and explores key concepts and

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essential pedagogical theory, and that offers an extensive series of practical examples and plans for using Game Sense in real teaching and coaching situations. The first section of the book helps the reader to understand how learning occurs and how this informs player-centred pedagogy. It also explains the relationship between Game Sense and other approaches to Teaching Games for Understanding. The second section of the book demonstrates how the theory can be applied in practice, providing a detailed, step-by-step guide to using Game Sense in eleven sports, including soccer, basketball, field hockey and softball. No other book explores the Game Sense approach in such depth, or combines theory and innovative practical techniques. Game Sense is invaluable reading for all students of physical education or sports coaching, any in-service physical education teacher or any sports coach working with children or young people.

Fast-Pitch Softball Fundamentals

Let your creative nature take over with this amazing dot grid style bullet journal featuring amazing artwork on the cover. Our notebooks feature great covers with a wraparound design. The inside features full-page dot grid style bullets for creating your own unique journal entries or pages. Use these journals to take notes, write down stories, jot down your great ideas, or plan out your day. These make excellent diaries, journals, planners, or composition books. This paperback dot grid bullet style journal features 100 pages (50 sheets) and measures 6 X 9 inches, perfect

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for carrying around! See our brand page by clicking on the author name for more great options, covers, sizes, and styles including lined journals, Sudoku books, activity books, word search puzzle books, baby journals, graph paper, music sheets, guitar sheets, travel journals, prayer journals, cookbooks, recipe books, wine tasting journals, diaries, unlined (blank) books, and so much more!. Perfect gift for anyone or any special occasion including: Mom Dad Brother Sister Grandmother Granddaughter Mother's Day Father's Day Birthdays Graduation Travel Planning Baby Shower Wedding Planning Or Any Holiday!

Softball Coaches Toolkit

This proven step by step program program will significantly increase your chances of being recruited into colleges of your choice. With this program you will: 1. Build a proven plan for recruitment success 2. Get the tools needed to build interest of softball college coaches 3. Develop a highly organized action campaign that will get you on the coach's recruiting short list Rooted in sound marketing techniques, The College Softball Recruitment Program shows you how to build a target list based on school geography, division level or athletic conference. You also get proven email templates and website tools and techniques that can be built by a parent or high school student over a weekend. The program includes step by step instructions on how and when to execute the program using email and your player profile website. Lastly, there's a proven secret weapon that we will share that will help you stand out from the

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other players. It's simple and highly effective! By investing less than an hour per week you will gain the attention of softball coaches and build a positive relationship based on effective communication and shared goals and objectives.

Fastpitch Softball Coaching Manual 6-12 Years Old

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.

Coaching Softball Technical and Tactical

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Skills

"The Ultimate Guide to Weight Training for Softball" is the most comprehensive and up-to-date softball-specific training guide in the world today. It contains descriptions and photographs of nearly 100 of the most effective weight training, flexibility, and abdominal exercises used by athletes worldwide. This book features year round softball-specific weight training programs guaranteed to improve your performance and get you results. No other softball book to date has been so well designed, so easy to use, and so committed to weight training . This book will have players increasing arm strength, bat speed, and overall quickness and power on the diamond, leading to an increase in batting average, onbase percentage, steals, and overall performance. You will build the strength and power needed to hit the ball out of the park and you will build the stamina and endurance needed to go strong until the final pitch. Both beginners and advanced athletes and weight trainers can follow this book and utilize its programs. From recreational to professional, thousands of athletes all over the world are already benefiting from this book and its techniques, and now you can too!

The Baseball Drill Book

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

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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

The Ultimate Guide to Weight Training for Softball

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Finished It unlocks the Alabama Softball story in a transparent and powerful way. Her stories are woven together creating the sensation you are living and learning what makes Alabama Softball special. This book shares how Coach Patrick Murphy, Coach Aly Habetz and staff have cornered the market on RELEVANT leadership. Unwavering values that withstand the test of time in an ever changing society. Her book pulls back the curtain on one of NCAA Softball's greatest collegiate programs. Sue Enquist Former UCLA Softball Coach-27 yrs. 11-Time National Champion 5-Time Hall of Fame "Been around this amazing game for awhile, and few have ever taken us inside the true emotion, process, preparation and understanding of what it takes to win on the biggest stage. Cassie does this so uniquely, you will find yourself applying to your own life the creative ways this special group was able to succeed both as an underdog in THE championship moment and as a difference maker in life." Jessica Mendoza ESPN Analyst and Reporter, Olympic Silver and Gold Medalist Finished It shows us there is more to winning a national championship than meets the eye the day that trophy is hoisted. Discovering the details of raw emotion and effort that goes into winning a national championship is nothing short of motivational. You can see the Alabama Softball program has developed a formula for not only winning games, but the effort it takes to develop a healthy, inspiring lockerroom from day one of a season. Any athlete, any person would be able to relate to the dedication, creativity, passion and belief in each other this team had from the get-go of their magical season. Amanda Scarborough 2-Time All-American ESPN College Softball Analyst "Although

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little can prepare you for adversity, this book will show you that when you have twenty hearts beating as one, nothing can stop you.” Jaclyn Traina 4-Time All-American Team USA Softball Member

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