

The Softball Coaching Bible Volume I The Coaching Bible

Finished It Softball Coaching Bible Thinking Volleyball Basketball Skills and Drills Plant-Based Sports Nutrition Nutrition for Sport, Exercise, and Health Coaching Softball Technical and Tactical Skills Volleyball Skills & Drills Coach's Guide to Game-Winning Softball Drills High-Performance Training for Sports The Softball Coaching Bible Imagery in Sport Soccer Science Triathlon 2.0 Physical Activity and Health High-Scoring Softball Running Mechanics and Gait Analysis The Softball Coaching Bible Jim Stoppani's Encyclopedia of Muscle & Strength, 2E The Volleyball Coaching Bible Coaching Fastpitch Softball Successfully The Softball Coaching Bible, Volume II Survival Guide for Coaching Youth Softball Complete Conditioning for Rugby Base Running Ice Hockey Coach 2020-2021 Diary Planner The Swim Coaching Bible The Softball Coaching Bible Coaching Girls' Softball Norms for Fitness, Performance, and Health The Softball Drill Book The Football Coaching Bible Softball Skills & Drills Physical Best The Softball Coaching Bible, Volume II Hatha Yoga Illustrated Delavier's Anatomy for Bigger, Stronger Arms Water Exercise 101 Offensive Softball Drills Men's Body Sculpting

Finished It

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 Coaching Bible

A focused conditional program has become essential to on-field rugby success. Pook presents a comprehensive training approach that builds players' physical abilities as well as the rugby-specific skills their positions require.

Thinking Volleyball

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. 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

Basketball Skills and Drills

“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

Plant-Based Sports Nutrition

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.

Nutrition for Sport, Exercise, and Health

Before great basketball players developed their superstar flair, they built a solid base of fundamental skills in all phases of the game. Basketball Skills and Drills provides a blueprint for building the foundation that every well-rounded basketball player needs. The book also covers key team principles for both ends of the court. Tactics for offense, including special situations such as out-of-bounds plays, will

improve spacing, ball and player movement, shot selection, and scoring. Defensive tactics emphasize positioning, pressure, and various systems to apply in each area or level of the court.

Coaching Softball Technical and Tactical Skills

Best-selling author Frederic Delavier brings his singular style to a resource designed to help serious weightlifters increase mass, definition, and strength in their biceps, triceps, and forearms. "Delavier's Anatomy for Bigger, Stronger Arms" is filled with over 330 full-color photos and 130 distinctive illustrations that highlight more than 100 exercises.

Volleyball Skills & Drills

Achieve the breakthroughs in size for the lean and chiseled muscular look that you've always wanted! Bodybuilding expert Nick Evans presents a proven program for perfecting your physique. More than simply hitting the gym and pumping iron, Men's Body Sculpting provides you with complete programs for • generating mass, • reducing fat, • sculpting your physique, and • maintaining your build. Each program offers the specific exercises that professional bodybuilders have used paired with in-depth advice on nutrition and supplements to enhance your workouts and ensure rapid results. Get the physique you want and get it now with Men's Body Sculpting!

Coach's Guide to Game-Winning Softball Drills

101 drills for developing offensive softball skills. Covers lower body hitting drills, upper body hitting drills, combination hitting drills, batting tee, soft toss, timing and rhythm, bunting, baserunning, sliding, mental drills and much more.

High-Performance Training for Sports

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.

The Softball Coaching Bible

Now, for the first time in the sport of fastpitch softball, you can learn from successful coaches and apply their approaches to your own program. In *The Softball Coaching Bible*, 28 of the top U.S. coaches share their principles, insights, strategies, methods, and experiences to help you enhance the experience and development of your own athletes. Developed in cooperation with the National Fastpitch Coaches Association (NFCA), *The Softball Coaching Bible* was written by the greatest assembly of college and high school softball coaches ever. The text provides the finer points of coaching softball, presented in an engaging manner that makes the contents easy to apply to your own ball club. The topics range from teaching the best skills and drills to subjects rarely written about, such as developing responsible athletes and building character and loyalty in players. Find out how Mike Candrea develops productive hitters at the University of Arizona, and follow the advice of Fresno State University's Margie Wright for competing in tournaments and playoffs. This landmark work covers all the bases, from recruiting players to attracting fans. *The Softball Coaching Bible* also contains information on professional development: moving through the coaching ranks, making use of other coaches and professional organizations, avoiding coaching burnout, and attending and running camps and clinics. Chapter after chapter, this book provides the game plan for building a winning program. *The Softball Coaching Bible* is filled with insights and expert advice to help you learn and grow. Soak it up, enjoy the stories, and discover the wisdom of the sport's finest mentors.

Contents
Introduction: Learning From the Best by Jacquie Joseph
Part I Coaching Priorities and Principles
Chapter 1 Sharing a Love for the Game Dianne Baker
Chapter 2 Making Softball Fun Margo Jonker
Chapter 3 Competing With Class Carol Bruggeman
Chapter 4 Out-Hustling Your Opponent Teresa Wilson
Chapter 5 Coaching With Integrity Marge Willadsen
Part II Program Building and Management
Chapter 6 Organizing and Orchestrating a Winning Program Joanne Graf
Chapter 7 Mentoring Within Your Staff Gayle Blevins
Chapter 8 Building a Recruiting Network Brian Kolze
Chapter 9 Marketing and Promoting Your Program Yvette Girouard
Chapter 10 Establishing a Successful High School Program Denny Throneburg
Part III Creative and Effective Practice Sessions
Chapter 11 Organizing Indoor and Outdoor Practices Bill Edwards
Chapter 12 Conducting Innovative Practices Deb Pallozzi
Chapter 13 Using Practice Drills Effectively Betty Hoff and Jacki Wright
Part IV Individual Skills and Team Strategies
Chapter 14 Developing Productive Hitters Mike Candrea
Chapter 15 Manufacturing Runs Jay Miller
Chapter 16 Producing Elite Pitchers Cheri K. Kempf
Chapter 17 Charging Up the Battery Lori Sippel
Chapter 18 Playing Situational Defense Linda Wells
Chapter 19 Competing in Tournaments and Playoffs Margie Wright
Part V Player Motivation and Leadership
Chapter 20 Winning the Mental Game Jeff Janssen
Chapter 21 Building Team Chemistry Rhonda Revelle
Chapter 22 Developing Responsible Athletes Elaine Sortino
Chapter 23 Building Loyalty and Tradition in Players Carol Hutchins
Chapter 24 Inspiring Today's Players Mona Stevens
Part VI Off-the-Field Opportunities, Challenges, and Pressures
Chapter 25 Learning and Developing As a Professional Rayla J. Allison
Chapter 26 Conducting Camps and Clinics Judi Garman
Chapter 27 Beating the Burnout Factor Sharon J. Drysdale and Karren J. Drysdale

Imagery in Sport

Whether you seek fat loss and lean muscle development or mass development and strength improvement, this comprehensive guide with 382 exercises and 116

ready-to-use workouts featuring the most popular training equipment (free weights, TRX, BOSU, kettlebells, and body weight) will position you for success.

Soccer Science

Plant-Based Sports Nutrition offers guidance to athletes who choose vegan, vegetarian, and plant-based diets about how to effectively fuel their training and competition while adhering to their eating preferences.

Triathlon 2.0

For more than a decade, top coaches have turned to one resource time and time again. Collecting the wisdom, insights, and advice from the sport's legendary instructors, The Swim Coaching Bible immediately established its place in the libraries of swim coaches around the globe. Coaches, it's time to make room alongside that classic for a new resource! The Swim Coaching Bible, Volume II, picks up where the original left off, providing more instruction, guidance, and expertise on every aspect of the sport. Inside, you'll learn the secrets, strategies, and philosophies of 27 of today's most successful coaches, including these legendary leaders: • Jack Bauerle • George Block • Mike Bottom • Bob Bowman • Sid Cassidy • John Urbancheck • Bill Rose • Vern Gambetta • David Durden • Brett Hawke • Gregg Troy • John Leonard • Dick Shoulberg • David Marsh • Teri McKeever • Bill Sweetenham From developing swimmers to building a winning program, teaching the nuances and refining stroke techniques to applying the latest research to training and conditioning programs, it's all here. Endorsed by the World Swimming Coaches Association, this new collection is another landmark work in competitive swimming. If you coach the sport or want a competitive edge, The Swim Coaching Bible, Volume II, is a must-own.

Physical Activity and Health

Baserunning provides the instruction, techniques, and drills for developing essential skills, such as leading, base stealing, tagging up, and sliding. This comprehensive guide provides players and coaches with the secrets and strategies for all baserunning situations.

High-Scoring Softball

The human body is designed for activity. For most of our history, physical activity was required for survival, but technological advances have eliminated much of the need for hard physical labor. As our activity levels have dropped, it has become clear that a physically inactive lifestyle can lead to a host of health problems. Physical Activity and Health, Second Edition, provides a comprehensive treatment of the research on the benefits of a physically active lifestyle in comparison with the harmful consequences of physical inactivity. Written by leading scientists from the United States, Canada, Europe, and Australia, Physical Activity and Health, Second Edition, brings together the results of the most important studies on the relationship between physical activity, sedentarism, and various health outcomes. The second edition has been fully updated based on the latest advances in this

rapidly changing field and expanded to include the following new content: • A chapter on the physiology of inactivity and the effects of sedentary behavior even in people who engage in appropriate amounts of physical activity, which is an area of growing interest • More extensive coverage of physical activity, aging, and the brain, including a new chapter on the relationship between physical activity and brain structures and functions • A chapter on the development of national and international physical activity and health guidelines, which will help readers better understand how scientific findings are converted into practical recommendations

Physical Activity and Health, Second Edition, offers a detailed yet concise presentation of key concepts as well as a framework to help readers relate results from single studies or collections of studies to the overall paradigm linking physical activity and physical fitness to health. For each of the topics covered, the text provides an overview of the most important research findings, discusses the limitations of the current knowledge base, and identifies directions for future investigation. At the core of the text is a review of our current understanding of how physical activity affects health concerns such as cardiovascular disease, diabetes, cancer, and obesity as well as aging and mental health. The text identifies sedentary living habits and poor fitness as major public health problems and examines the potential of physical activity to prevent disease and enhance quality of life. This complete resource also looks at the evolution of the field of physical activity and health; variations in physical activity levels across age, sex, and ethnic groups; the body's physiological responses to physical activity; dose-response issues; and the influence of genetics on physical activity, fitness, and health. The book ends with an integration of the issues covered and discusses new opportunities for research. The second edition of Physical Activity and Health continues to offer clear, user-friendly coverage of the most important concepts and research in the field. Numerous special features will aid readers in their comprehension of the material. Chapter outlines and callout boxes help readers key in on important topics and focus their reading, and chapter summaries, definitions of key terms, and study questions provide tools for review and self-testing. Commonly used acronyms and abbreviations are found on the interior covers for handy reference. Where other books have simply promoted physical activity for the individual or a population, Physical Activity and Health, Second Edition, completely integrates current knowledge of the relationship between physical activity and health. With contributions from some of the finest scientists in the field, this comprehensive text offers information unmatched in accuracy and reliability.

Running Mechanics and Gait Analysis

Experience the physical benefits and body awareness from hatha yoga—the most popular form of yoga today. Hatha Yoga Illustrated presents nearly 650 full-color photos to visually demonstrate 77 standard poses from hatha yoga that apply to all major hatha styles including Iyengar, Astanga, Anusara, and Bikram. Individual poses are presented from start to finish, showing you how to achieve proper alignment and breathing to ensure challenging yet safe execution. The result is an increase in the effectiveness, both physically and mentally, you'll experience with each pose. Several pose variations based on your personal preference, ability, and fitness level are also included. Eleven sample yoga routines show how to assemble the poses into workouts that meet your specific time, difficulty, and intensity

parameters. Colorful and comprehensive, Hatha Yoga Illustrated is organized for your ultimate convenience and use. Use it to guide your muscles, as well as your mind, and increase strength and stamina, reduce stress and anxiety, reduce blood pressure, and increase flexibility.

The Softball Coaching Bible

Master volleyball's key techniques help elevate performance in all facets of the sport. Volleyball Skills & Drills teaches the fundamentals to help players master and apply those skills on the court when it counts. Featuring 10 of the sport's best coaches and 75 of their most effective drills, this guide will maximize both the rate and quality of learning, helping players and coaches get the most out of each practice session.

Jim Stoppani's Encyclopedia of Muscle & Strength, 2E

If you're an ice hockey coach - in school, college, your local community, for a work team or just with a bunch of friends, then this 2-year, 2020-2021, diary planner will help you plan and organize for the best results. The planner every coach needs: Monthly calendar planner for all your games, meetings and practice sessions Convenient 8.5" x 11" page size - space to write everything Track Goals and your To Do list every month 30+ pages for notes 5 pages of playbook diagrams - draw your tactics and show the players Unique Achievements Tracker to help acknowledge progress and results Product Description Page Size: 8.5" x 11" Large sized pages for easy reading and sharing 120 Pages including 51 diary pages, 36 notes pages and 5 playbook pages Paperback edition makes it easy to fit into a sports bag Ideas for this planner: Ice Hockey coach planner 2020 - 2021 sport planner Coach thank you gift

The Volleyball Coaching Bible

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.

Coaching Fastpitch Softball Successfully

High-Performance Training for Sports changes the landscape of athletic conditioning and sports performance. This groundbreaking work presents the latest and most effective philosophies, protocols and programmes for developing today's athletes. High-Performance Training for Sports features contributions from global leaders in athletic performance training, coaching and rehabilitation. Experts share the cutting-edge knowledge and techniques they've used with Olympians as well as top athletes and teams from the NBA, NFL, MLB, English Premier League, Tour de France and International Rugby. Combining the latest science and research with proven training protocols, High-Performance Training for Sports will guide you in these areas: • Optimise the effectiveness of cross-training. • Translate strength into speed. • Increase aerobic capacity and generate anaerobic power. • Maintain peak conditioning throughout the season. • Minimise the interference effect. • Design energy-specific performance programmes. Whether you are working with high-performance athletes of all ages or with those recovering from injury, High-Performance Training for Sports is the definitive guide for developing all aspects of athletic performance. It is a must-own guide for any serious strength and conditioning coach, trainer, rehabilitator or athlete.

The Softball Coaching Bible, Volume II

Running Mechanics and Gait Analysis With Online Video is the premier resource for running mechanics and injury prevention. Referencing over 250 peer-reviewed scientific manuscripts, this text is a comprehensive review of the research and clinical concepts related to gait and injury analysis.

Survival Guide for Coaching Youth Softball

Manchester United's Tony Strudwick leads an all-star panel in providing the most current research on soccer. Soccer Science features the world's leading experts in soccer history, biomechanics, physiology, psychology, skill acquisition, coaching, tactical approaches, and performance and match analysis.

Complete Conditioning for Rugby

Baserunning

Suitable for students in sport and exercise science. This book includes normative data for various aspects of fitness, such as strength, endurance, anaerobic and aerobic capacity, body composition, flexibility, speed and agility. It also looks at health norms to measure cardiovascular values, blood lipids, bone density and energy expenditure.

Ice Hockey Coach 2020-2021 Diary Planner

A guide to coaching girls' softball, discussing the role of the coach, time commitment, leadership, coaching style, and liability; examining strategies for coaching the young female athlete; looking at the differences between coaching girls and boys; and describing the rules and techniques of the game of softball.

The Swim Coaching Bible

The Softball Coaching Bible

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 Girls' 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.

Norms for Fitness, Performance, and Health

Nutrition for Sport, Exercise, and Health includes applied content and research-based guidelines to help students distinguish between nutrition recommendations backed by science and the plethora of misinformation available in the field. This comprehensive resource blends nutrition and exercise science with practical information to provide a clear understanding of how nutrition affects sports, exercise, and overall health. Nutrition for Sport, Exercise, and Health covers the basics of nutrition, including the functions of and daily allowances for carbohydrate, fat, and protein, as well as micronutrient recommendations; the importance of hydration and electrolyte balance; nutrition in health and disease prevention; population-based nutrition considerations for training and sports; and practical information on measuring and altering body composition. The accessible presentation of material keeps students from getting too bogged down in research, and the text offers real-world applications. Students will also discover career opportunities available to them, including qualifications and job responsibilities for each position. The full-color text includes more than 70 photos and more than 140 illustrations alongside digestible, engaging writing. Concepts are presented in a user-friendly manner, and each chapter includes a number of features that enhance understanding:

- Chapter objectives provide a roadmap to ease students into upcoming content.
- Key terms help students focus on important vocabulary. The key terms are identified at the beginning of the chapter, appear in boldface within the chapter, and are included within the glossary, where they are defined.
- Putting It Into Perspective sidebars contain compact vignettes that help college students relate to the content and apply the concepts to their own lives.
- Do You Know? sidebars are short callouts that provide key insights and easy takeaways for students.
- Review questions help students identify areas they may need to revisit as well as reinforce key concepts.

Content is organized in a logical sequence, with each chapter building upon the information previously presented. In part I, the reader is provided with an overview of the role nutrition plays in overall well-being throughout a person's life. Part II focuses on each macronutrient and its role in health and disease, as well as dietary recommendations that support health and an

active lifestyle. The role of micronutrients in health and performance is covered in part III. Part IV provides information on the application of nutrition to sport, exercise, and health. Instructors will find a full suite of ancillaries that will be helpful in their teaching. The instructor guide and presentation package plus image bank will help in preparing for class, while the test package and chapter quizzes will help assess student learning. Students and professionals alike will benefit from the broad coverage found in Nutrition for Sport, Exercise, and Health. Armed with accessible, research-based application, readers will have the tools they need to improve athletic performance, exercise outcomes, and general well-being.

The Softball Drill Book

Serious triathletes may be the most tech-savvy of all athletes. You have the latest devices and know that data to improve your performance are at hand, but putting it all together can be a daunting, confusing task. Triathlete, coach, researcher, and author Jim Vance maintains that, despite access to the relevant information, most triathletes start a race undertrained or overtrained. That's why he's developed Triathlon 2.0: Data-Driven Performance Training, the first program to take advantage of the latest science and technology. Triathlon 2.0 examines the sport's most popular devices, including cycling power meters, GPS trackers, and heart rate monitors. Capture the most accurate readings, learn what they mean, and, just as important, what they don't. Then, put the numbers to work for you, translating your data into a comprehensive program based on your performance needs and triathlon goals. With Triathlon 2.0, you will learn these skills:

- Establish and identify optimal aerobic fitness base.
- Determine the exact number of intervals for the most effective training and quickest recovery.
- Identify performance markers to track training results.
- Develop a tapering plan for peak performance.
- Monitor pace and progress in real time.

If you're serious about maximizing performance, then turn to the only program built around your personal performance data. With Triathlon 2.0, the power and plan are in your hands.

The Football Coaching Bible

"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 Skills & Drills

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 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.

Physical Best

It has long been known that almost all elite athletes use imagery and that most sport psychologists apply imagery in working with athletes. But most material on the subject has been, to this point, relegated to single chapters in books, to journal articles, or to conference proceedings. Now *Imagery in Sport* addresses the breadth of what researchers and practitioners in sport psychology know about the topic, and it treats each issue in depth, considering current theories and research on imagery and its application in sport. The reference also addresses future directions in research and practice for imagery in sport. In doing so, *Imagery in Sport* provides the most comprehensive look at the state of imagery and its uses in sport today. The authors take readers step by step through understanding, investigating, applying, and advancing imagery in sport. The text includes the following:

- Sample scripts, preperformance suggestions, and sport-specific and site-specific tips
- Presentation and critical analysis of 10 well-known theoretical frameworks for understanding imagery
- A full chapter devoted to understanding and successfully using the available measures of imagery in sport, including how to administer imagery-ability measures

Imagery in Sport takes complex theories and presents them clearly, using examples from everyday sport contexts. The book helps readers become familiar with the current knowledge about the topic and learn to view it with a critical eye. And it provides practicing sport psychologists with guidelines and strategies for using imagery to help athletes improve their performances.

The Softball Coaching Bible, Volume II

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: 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.

Hatha Yoga Illustrated

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 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

Delavier's Anatomy for Bigger, Stronger Arms

Physical Best, Fourth Edition, is an all-inclusive resource that combines three previous books in one. The text is updated to address SHAPE America's standards and outcomes and to reflect the latest research and best practices. More than 100 activities for K-12 students are offered on the accompanying web resource.

Water Exercise

Looking for exercises to improve your fitness, maximize your cross-training, or recover from an injury or condition—all with little or no impact? Water Exercise is your complete resource for fitness and rehabilitation exercises. Water workouts are a fabulous way to exercise, no matter your current fitness level. Water Exercise allows personalization of each workout plan: You can change the speed, intensity, or amount of rest based on your needs. Water Exercise is ideal for cross-training workouts and beginning to advanced fitness workouts. It will also help you recover from injury or manage a chronic condition. With underwater photos and simple instructions for each exercise, you will learn fun exercises in Water Exercise you can do in shallow or deep water. You'll also learn how to use optional equipment such as foam noodles and water buoys to strengthen muscles and improve flexibility. Exercising in the water is effective because it offers a range of

therapeutic and health benefits yet still improves all the components of fitness that you get from land exercise—with no impact. With just a pool and a swimsuit, you can strengthen, rehabilitate, and add variety to your workouts with Water Exercise.

101 Offensive Softball Drills

Thinking Volleyball goes beyond the Xs and Os and skill instruction by offering in-match strategy and insights from legendary coach Mike Hebert. It encourages coaches to challenge conventional wisdom to arrive at creative solutions and innovative methods for getting the most out of their teams.

Men's Body Sculpting

[Read More About The Softball Coaching Bible Volume I The Coaching Bible](#)

[Arts & Photography](#)

[Biographies & Memoirs](#)

[Business & Money](#)

[Children's Books](#)

[Christian Books & Bibles](#)

[Comics & Graphic Novels](#)

[Computers & Technology](#)

[Cookbooks, Food & Wine](#)

[Crafts, Hobbies & Home](#)

[Education & Teaching](#)

[Engineering & Transportation](#)

[Health, Fitness & Dieting](#)

[History](#)

[Humor & Entertainment](#)

[Law](#)

[LGBTQ+ Books](#)

[Literature & Fiction](#)

[Medical Books](#)

[Mystery, Thriller & Suspense](#)

[Parenting & Relationships](#)

[Politics & Social Sciences](#)

[Reference](#)

[Religion & Spirituality](#)

[Romance](#)

[Science & Math](#)

[Science Fiction & Fantasy](#)

[Self-Help](#)

[Sports & Outdoors](#)

[Teen & Young Adult](#)

[Test Preparation](#)

[Travel](#)