

Winning Softball Drills A Complete Drill Book For Coaches Paperback

Add Practice Perfect Softball to your dugout and begin your journey to a championship season. The National Fastpitch Coaches Association (NFCA) has put together an all-star lineup of coaches, including Connie Clark, Jo Evans, Rachel Lawson, Ken Eriksen, Donna Papa, Julie Lenhart, Lonni Alameda, Dot Richardson, and Beverly Smith.

The first softball game was played in 1887, and while it didn't even include a ball, this sport has been gaining in popularity ever since. This instructive book teaches readers the basics of the fast-pitch game, including the differences between it and slow-pitch ball. Readers will learn all about rules, equipment, field positions, and more. Handy tips will help players play their best game. Featured players in fast-pitch offer insights for anyone, whether they just want to read about the game or are eager to get out on the field and into the game.

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

"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

A fastpitch softball coaching guide packed full of fresh ideas to rejuvenate and build programs, drills, that win championships, and insights that go beyond traditional thought. Tips from more than a dozen of the nation's most successful coaches from various levels are included.

A world list of books in the English language.

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.

On the court, on the field, on the course, or in the gym, female athletes are getting it done. This title highlights the stars who rule girls softball today and the skills they've mastered on the way. You will find informative chapters that help readers better understand the skills of each sport, tips for improving those skills, a sport-specific diagram, a glossary, additional resources, and more. Aligned to Common Core Standards and correlated to state standards. SportsZone is an imprint of ABDO Publishing Company.

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.

An easy-to-use guide to nearly 1,000 information sources on sports, exercise, and fitness.

From classroom aids to corporate training programs, technical resources to self-help guides, children's features to documentaries, theatrical releases to straight-to-video movies, The Video Source Book continues its comprehensive coverage of the wide universe of video offerings with more than 130,000 complete program listings, encompassing more than 160,000 videos. All listings are arranged alphabetically by title. Each entry provides a description of the program and information on obtaining the title. Six indexes -- alternate title, subject, credits, awards, special formats and program distributors -- help speed research.

Great practice drills for fastpitch softball players. This book has drills for base running, pitching, hitting, catching, and fielding. Brought to you by Gary Leland publisher of the Fastpitch Softball TV Network. Gary's teams won the 14 and under, and the 15 and under Texas USSSA State championships back to back. His teams came in fourth and fifth in the USSSA National Championships for 14 under, and 15 under. Now he shares some of the drills his team used while training his fastpitch softball team. It seems like a lifetime ago, but I still remember when I started coaching my daughters fastpitch softball team. I had played a little baseball growing up, and some slowpitch softball along the way too. I soon found out two things. One is that fastpitch softball was a sport of its own. While so many things are the same. There are many things that are different in fastpitch softball than baseball, or slowpitch softball. Two is that I knew nothing about coaching fastpitch softball players at all. Playing sports had not really taught me how to coach. One of the main things new coaches are looking for is information. This book is my attempt to provide another source for that information. While I admit I did not come up with these fastpitch softball drills. Many of them have probably been used for years, and years. What I did was find many of the great drills I used with my players while coaching. Then I wrote them in an easy to understand format. Trying to make them easy to learn and use. While this may be a guide for coaches to help their young players, this is also be a great resource for parents hoping to help their daughters become better fastpitch softball players.

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

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

Winning Softball Drills A Complete Drill Book for Coaches Winning Softball Drills A Complete Drill Book for Coaches The Complete Book Of Softball Drills Great practice drills for fastpitch softball players. Fastpitch TV Network

These days college football is as much about strength and conditioning as it is about having outstanding athletes on your team. Athletes and coaches alike are looking for building overall power and stamina, while helping develop self-discipline and realize athletic potential. This is the complete guide to strength/power training, plyometrics, functional conditioning, and flexibility training. Although often confused with its sister sport, baseball, softball has crept its way into the mainstream and earned a substantial following of its own both in the United States and abroad. From Little League to company teams to professional games, softball inspires both friendly and serious competition. Examining the history and rules of softball and offering tips on strategy and technique, this volume invites players of all skill levels to take a closer look at the game that has enthralled individuals of all ages and backgrounds.

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.

Includes drills for hitting, pitching and other facets of the game as well as for indoor practices and preseason tryouts. Focusing on ethics in every aspect of the business environment, The Legal and Ethical Environment of Business, Second Edition by Gerald R. Ferrera, Mystica M. Alexander, William P. Wiggins, Cheryl Kirschner and Jonathan Darrow, prepares students to work within current industry norms, practices, and legislation. Ethics coverage is integrated throughout the book and featured in nearly every chapter. Ethical theory is interwoven with practical applications using several novel pedagogical tools developed to promote focused, thoughtful inquiry and to highlight the interplay of ethics and law. The book also meets the needs of students who will be facing an increasingly international business environment. Integrated coverage of international issues goes beyond comparative law topics and includes substantial coverage of central topics in international business law, such as, bribery and the Foreign Corrupt Practices Act, key provisions of the Convention on Contracts for the International Sales of Goods, and a comparison of the Uniform Commercial Code and the UN Convention on Contracts for the International Sale of Goods. Key Features: Excellent, pragmatic discussion of business organization implications and legal aspects of expanding a U.S. business internationally Crisp, thorough coverage of the Foreign Corrupt Practices Act, with contextual material on corruption effects on society and business, as well as explanation of the law and examples Readable, concise explanation of financing international business transactions, including overview of international debtor-creditor issues, risks specific to international transactions and description of the Letter of Credit process

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.

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.

This innovative text combines clear explanations with a wealth of infographics that visually compare, contrast, and reinforce legal concepts. Examples and case excerpts focus attention on how the law is being applied and the logic behind each ruling. Key Benefits: Logical reasoning and infographics—flowcharts, timelines, figures, and graphs – help students understand on the logical underpinnings of the law as it applies to business. Examples throughout that reinforce understanding and show how the law is applied in practice. Carefully edited excerpts of real cases. Self-test review and exam-prep questions.

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.

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.

Presents a visual perspective on correct alignment, posture, and movements. It offers an inside look at your workout by providing a customisable approach and combining full-color anatomical illustrations with step-by-step instructions for the most effective mat exercises ; aim: to build a stronger, more articulate body.

? Written for coaches, this book—in its expanded third edition—presents more than 200 baseball and softball games and activities for preschoolers through college age, focusing on teaching, improvement of skills and enjoyment. Games emphasizing base running, bunting, catching, fielding, hitting, throwing and pitching are covered. Each section reviews fundamentals, introduces creative skills and drills for group practice, and details the age group, objective, equipment and rules for each activity.

66 drills for improved individual and team fielding.

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.

Practicing for Perfection provides specific drills for each position and skill set in baseball and softball. Just playing the game will improve a player's performance, but it will take a long time to reach any level of proficiency. Meanwhile, the player's team probably will not be too successful. This book will shorten the learning curve dramatically, from years to just weeks. Players who practice these drills diligently will maximize their natural athletic abilities and have an advantage over nearly every opponent they face. The narrative is written clearly and concisely, and is amplified with over 60 photographs that demonstrate exactly what the narrative says. A player, coach, or parent can read AND see exactly what needs to be done. You might need to buy quite a few books to get all the information contained in just this volume. *Practicing for Perfection* is "one-stop shopping" at its best.

Swope presents 147 drills, plays, and diagrams, all numbered for easy reference between coaches. He covers all the basic offensive, defensive, and situation fundamentals one needs to get started.

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

This collection features all five New York Times bestselling Penderwicks adventures by National Book Award-winning author Jeanne Birdsall! Follow the Penderwicks' adventures, from a bunny-raising hobby to a dog-walking business, from summer breaks to school days, from unforgettable hijinks to chaotic misadventures--and always, with sisterhood through and through--in this exciting collection: *The Penderwicks*: This summer the Penderwick sisters discover the magic of a beautiful estate called Arundel. But the best discovery of all is Jeffrey Tifton, son of Arundel's owner, who becomes the perfect companion for their adventures. *The Penderwicks on Gardam Street*: When Mr. Penderwick's sister decides it's time for him to start dating, the girls come up with the Save-Daddy Plan--a plot so brilliant, so bold, so funny, that only the Penderwick girls could have come up with it. *The Penderwicks at Point Mouette*: When summer comes around, it's off to the beach for Rosalind . . . and off to Maine for the rest of the Penderwick girls and their old friend, Jeffrey. That leaves Skye as the oldest available Penderwick--a terrifying notion for all, but for Skye especially. *The Penderwicks in Spring*: Batty is saving up her dog-walking money for an extra-special surprise for her family, which she plans to present on her upcoming birthday. But when some unwelcome surprises make themselves known, the best-laid plans fall apart. *The Penderwicks at Last*: The Penderwicks return to Arundel this summer, the place where it all began. And better still is the occasion: a good old-fashioned, homemade-by-Penderwicks wedding.

Maximize your softball abilities with *Focused for Fastpitch*! This collection of 80 drills combines fastpitch-specific drills with mental training, ensuring peak performance come game time. *Focused for Fastpitch* provides the tools to sharpen concentration at the plate, stay more alert in the field and on the base paths, and shut out distractions in the circle. Use it to establish a winning mental game for championship-level performance.

A *Fastpitch Coaching Guide* packed full of fresh ideas to rejuvenate and build programs, drills that win championships, and insights that go beyond traditional thought. Tips from more than a dozen of the nation's most successful coaches from various levels are included.

The ultimate training resource for athletes and coaches includes more than 262 exercises and drills, programming, and exclusive access to online video library. Assessments provide parameters for individual programs and sport-specific training.

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