

# College Softball Practice Drills Manual

*Softball Skills & Drills* The Softball Drill Book Survival Guide for Coaching Youth Softball *Complete Book of Softball Drills* **Baseball Hitting Drills for a Batting Tee** Coaching Fastpitch Softball Successfully Hitting with Torque **Practice Perfect Softball** *International Book of Tennis Drills* **Coach's Guide to Game-Winning Softball Drills** *Catapult Loading System* **Clean Your Cleats** *Focused for Fastpitch* *The Baseball Drill Book* **Softball Drills: Collection 1** **Fast-Pitch Softball Fundamentals** *Complete Guide to Slowpitch Softball* **Skill Building Competitions** **Coaching Youth Baseball the Ripken Way** Coaching Youth Softball **Taking on the Title of Coach** *Baseball and Softball Drills* T Ball Skills and Drills *Swing Smarter* **Coaching Softball Technical and Tactical Skills** **Winning Baseball** The Baffled Parent's Guide to Coaching Youth Softball **Amazing Baseball Tips** *Developing a Successful Softball Program* **Youth Baseball Drills** **Defensive Softball Drills** **Softball Pitching Edge** The Volleyball Drill Book **The Art of Catching** **The Mental Game Of Baseball** **Baseball: Steps to Success** You Can Teach Hitting The Softball Coaching Bible, Volume II Softball Skills & Drills 2nd Edition **The Complete Book Of Softball Drills**

Yeah, reviewing a book **College Softball Practice Drills Manual** could accumulate your near contacts listings. This is just one of the solutions for you to be successful. As understood, ability does not suggest that you have fantastic points.

Comprehending as with ease as promise even more than additional will allow each success. next to, the statement as with ease as insight of this College Softball Practice Drills Manual can be taken as competently as picked to act.

Hitting with Torque Apr 25 2022 Paul Petricca draws on his experience as a coach, player, blogger, and student of baseball and softball to share what hes learned about hitting in this essential guide for players seeking dramatic results at the plate. The author presents easy to understand hitting mechanics highlighting how the engineering concept of torque can be applied to hitting and is often the difference between a weak groundball or a long home run. Topics covered include understanding where hitting power really comes from and the importance of increasing bat speed through the fundamentals of a repeatable and powerful rotational swing. Hitters of all ages who adopt his eight hitting keys will enjoy a dramatic increase in bat speed and power almost immediately. Hitting with Torque is more than a set of hitting mechanics---its a mindset. Readers will be challenged to look past the worn-out hitting theories and myths that have been holding back hitters from reaching their full potential. With an open mind and practice, all hitters can unlock the power and consistency that is Hitting with Torque.

**Practice Perfect Softball** Mar 25 2022 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.

**Softball Pitching Edge** Mar 01 2020 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.

*Catapult Loading System* Dec 22 2021 "My son at 10yo (90-lbs) is highly coach-able. I taught him the system in February and he hit well during the season but could only hit the ball around 180'. Then all of a sudden around June he started killing the ball. He was hitting home runs every game and hit a ball at least 250-feet" - Michael Parillo (via email) Sick of struggling to help hitters drive the ball hard with more consistency? Dramatically increase power without sacrificing swing quality. Literally thousands of coaches across the nation are getting predictably positive results with hitters using the CLS system. How? By applying human movement principles validated by REAL science to hitting a ball, and NOT "bro-science." **THIS STEP-BY-STEP GUIDE TO CONSISTENT POWER TEACHES:** How to master a handful of human movement principles, so you can slice the "teach hitting" learning curve in half. How to effectively load the body, so your hitters can optimize their batted ball distance potential. How elite-hitters are revealing ways to hit balls with High-Exit-Speeds, swing after swing, using three elements a 4-year-old can understand. Why 'loading and exploding the hips' is bad for lower back, and how to teach hitters a highly effective but SAFE swing. **THE NEW EXPANDED EDITION INCLUDES:** 'How to practice' section at end of each movement principle Chapter. How to train a 2-year-old to hit a moving ball (proof that NOT only elite hitters can be taught these movements). Why pitchers are taught to pitch around ineffective swing paths, and how to turn their weapon against them. Why coaches MUST

focus their hitters' efforts on targeting and elevating pitches low in the zone. How to teach timing and get hitters on-time more often in games.

*Developing a Successful Softball Program* Jun 03 2020 A resource-packed, comprehensive handbook that covers much more than just the X's and O's of the sport. Includes chapters on planning the season (assessment, schedules, position assignment, timelines, etc.), planning a practice, fundamental skill strategies (hitting, bunting, fielding, throwing, base running, and sliding), offensive strategy (batting order, bunting and hitting strategies, special situations, etc.), defensive strategy (general rules of defense, player responsibilities). Also covers scouting, game day considerations, season-ending responsibilities, and off- season training, and even tournament planning, field maintenance, and fundraising! Contains dozens of photographs and illustrations.

**Skill Building Competitions** May 15 2021 Effective coaching requires planning varied formats that keep players mentally and physically engaged throughout the practice. For example, challenging and cooperative games support exciting training sessions, improve focus, and encourage player-coach and player-player rapport. While we provide vital offensive and defensive tips for most competitions, this book is not a fundamentals book. Instead, its primary purpose is to demonstrate how to use team skill-building contests under game-like pressure to get your baseball and fastpitch softball players game-ready more quickly than straight drills alone. Focus and learning amplify when you gamify. The baseball and fastpitch softball games are a constant competition, not only against opponents but also against oneself. As coaches, we want our players to get comfortable with both types of competition and enjoy it. The best way to be comfortable in competitive situations is to create a competitive culture in your practices. Providing game-like structures, combining skill-building with competition is the objective of this book. These are not simple drills that can be found all over the internet. Instead, the 65 unique competitions are precisely detailed. Fast-moving and designed to maximize quality repetitions (swings, ground balls, fly balls, throws to bases, etc.) in an allotted amount of time. This handy coaching tool contains functional and innovative games that reinforce your fundamentals instruction. The rules of each competition, clearly laid on step-by-step, promote habit building for individual skills and team communication in situations players face during every game. Each game includes the purpose, equipment needed, time required, ages the drill is suitable, and well-thought-out rules. Chapters include competitions for throwing, infield, outfield, pitching, catching, hitting, bunting, baserunning, and offense vs. defense. Games are designed for youth, Middle School, High School, and College. Written by Coach Gary Barr, author of *Building the High-Level Swing Series*, the hitting competitions alone are valuable for their suggestions on utilizing targeting, constraints, and learning how to perform well under game-like pressure. *Skill Building Competitions* is a coaching lifesaver. Coming up with great games that work to improve vital skills and that players love is time-consuming. Flip open a chapter depending on the desired type of drill, read the rules, and you are ready to incorporate the competition in today's practice plan.

*Coaching Fastpitch Softball Successfully* May 27 2022 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 Youth Baseball the Ripken Way** Apr 13 2021 Coaching young players, developing their skills, and cultivating a love for the sport may be the most rewarding experience baseball can offer. Cal and Bill Ripken understand this like few others. From their father, Cal Sr., a legend in the Baltimore Orioles organization for 37 years, they learned to play the game the right way. Those lessons, paired with their combined 33 years of big league experience, helped develop the Ripken Way, a method of teaching the game through simple instruction, solid explanations, encouragement, and a positive atmosphere. In *Coaching Youth Baseball the Ripken Way*, Cal and Bill share this approach to coaching and development. Whether you're teaching your children at home, managing the local travel team, or working with high school-level players, *Coaching Youth Baseball the Ripken Way* will help you make a difference both on and off the field, with these features: -More than 50 drills covering defense, hitting, pitching, and baserunning -Age-specific practice plans for players ranging from 4 to 15+ -Strategies for setting goals and reasonable expectations for your players and team -Advice on communicating with parents, players, and staff -Methods for creating a positive and fun environment in which kids can learn the skills and strategies of the game Bill Ripken was once voted by his peers as one of the big league players most likely to become a manager. Cal Ripken, Jr., known as baseball's Iron Man, is a member of the game's All-Century Team and a future Hall of Famer. Together, they are proof positive that the Ripken Way is the right way to teach the game of baseball.

*Complete Guide to Slowpitch Softball* Jun 15 2021 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.

*You Can Teach Hitting* Sep 26 2019 Offers advice on teaching the fundamentals of hitting, identifies common mistakes, and suggests practice drills and mental preparation

*Coaching Youth Softball* Mar 13 2021 Congratulations on your commitment to coach youth softball. If you're new to coaching, you'll find *Coaching Youth Softball* invaluable in making

your first season a success. If you have previous coaching experience, you're sure to discover tips and strategies that will help you improve on last year. Coaching Youth Softball will help you manage your team with confidence. This age-specific and field-tested coaching guide will prepare you to handle your responsibilities and establish proper priorities as a coach; communicate with players, officials, other coaches, and parents; teach softball skills and strategies using a combination of 27 drills and 39 coaching tips; minimize the risk of injury, establish a safe playing environment, and administer basic first aid; plan and conduct efficient practices; manage your team on game day; and keep it all fun. Written for coaches of players ages 18 and under, this book is a valuable component of the Coaching Youth Softball the Babe Ruth League Way online course, the official certification course of Babe Ruth League, the premier amateur baseball and softball program in the world. With this book, you will create and nurture an athlete-centered environment that promotes player development, enjoyment, motivation, safety, and sportsmanship—an environment that inspires players to perform at their best and come out for the team year after year.

**Softball Drills: Collection 1** Aug 18 2021 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.

**Coach's Guide to Game-Winning Softball Drills** Jan 23 2022 "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

**The Softball Drill Book** Sep 30 2022 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.

**Winning Baseball** Sep 06 2020 From age-appropriate drills to motivation strategies, this step-by-step guide to youth baseball offers all the information parents and coaches need to help young players reach their full potential.

**Youth Baseball Drills** May 03 2020 Coaches know the importance of drills. The cornerstone of most practices, they are essential in developing player skills and team execution. For younger players, however, the best drills go one step further. They engage the player, promote teamwork, and establish a lifelong love of the game. Youth Baseball Drills is a comprehensive collection of more than 100 of the very best team drills for young players and their coaches. Developed specifically for players aged 6 to 18, the drills teach and reinforce fundamental skills such as these: • Hitting • Bunting • Fielding • Catching fly balls • Throwing • Pitching • Base running Easy to understand and easier to implement, each drill is accompanied by step-by-step instructions, equipment needs, field diagrams, and key coaching points. And the ready-to-use 30-, 60-, and 90-minute practice plans help coaches put them to use and create enjoyable and productive practices. With variations and progressions for difficulty, Youth Baseball Drills has something for every coach and every player. It is a must-have guide for anyone wanting to teach youngsters how to play, and enjoy, the game of baseball.

*Swing Smarter* Nov 08 2020 "I am a Physical Therapist your stuff in body movements is awesome. I went to some FMS courses and Gray Cook spoke highly of you. Your approach is truly the best because of your use of anatomy and kinesiology." - Jay Finton "Wow, I didn't realize how researched this material actually was. I'm blown away how these simple movement patterns have been researched. I just ordered the Truth about explosive rotational power. Never in my 20 years have I seen someone or anyone for that matter actually explain movement/motion. They all claim to teach how the body works to swing a bat, but never have they explained it. They just claim to know how the body works and failed to explain it in their material." - Shawn Bell "Hey Joey, I'm currently on my 4th ball player. I've had my 2 oldest involved with softball and my 2 younger guys with baseball. I've gotten the oldest 3 "professional" instruction with their swing mechanics and approach with mixed results. Often times, I'd have to spend countless hours fixing a flaw they developed through the instruction. It became frustrating for everyone involved, and more importantly we lost precious developmental time. I decided to take a more hands on approach with my 4th and through my research stumbled on your book, we're not big people so the title instantly grabbed my attention. I read it and was hooked, the principle driven, bio mechanical approach resonated with me. We seen alot of progress this past season working at the points from Catapult." - John M. Meatte Jr. From the back cover... This baseball hitting stuff works and is completely backed by Science, so you know it is even more reliable. Science based baseball swing training built to help understand not only how and what to train but the reasoning behind the program's

methods... Why most people believe it spells DISASTER if you're telling hitters to 'swing down', 'keep barrel above hands', or 'get on top of the ball' -- but why that's good for them (if you teach it right!), Exactly how you can systematically teach pull hitters to effectively go opposite field, and oppo hitters to pull the ball... A brand-NEW way you can quickly identify top-3 consistent power mechanics (WITHOUT focusing on 'loading and exploding' the hips, ground reaction forces, or using the legs more!), What you must do AT ONCE to avoid wrecking the low back or neck of your hitters - Chapters 1 and 5... Precisely why my approach ensures you'll realize your dreams of getting predictably positive results with your hitters without EVER having to have played at a high level, watched millions of hours of swing analysis video, or spent countless hours in the cage... WARNING: Avoid these 3 hitting strategies like the plague! Ignoring this advice can mean your hitter will look like an amateur, and even give hitting up completely (this is SERIOUS) ... And much more... If you're one of the thousands of softball/baseball book parents, team coaches, and instructors who read our Amazon Bestselling catapult for baseball book: "Catapult Loading System", then you're going to love Swing Smarter. 12-Chapters focusing on building more power, hitting more line drives, and getting on-time more often. New baseball books you're not going to want to miss. Going well beyond Ted Williams The Science of Hitting. We share STEP-BY-STEP how to baseball swing drills, how to move better to perform better stretches & exercises, and over 20-expert interviews from passionately curious coaches to reinforce the baseball swing training principles outlined in each of the book's chapters. As a BONUS, you'll get free online access to all the digital goodies."Make Sure You're Swinging Smarter By Moving Better"

*Baseball and Softball Drills* Jan 11 2021 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.

Survival Guide for Coaching Youth Softball Aug 30 2022 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.

The Volleyball Drill Book Jan 29 2020 With drills covering every facet of the sport, The Volleyball Drill Book is the most comprehensive resource for today's players and coaches. Inside you'll find the game's most effective drills for these and many other aspects of the game: - Warming up - Ball handling - Passing - Serving - Receiving - Team building - Situational play - Offense - Defense - Transition play Complete with detailed diagrams, illustrations, coaching tips, variations, and practice advice, The Volleyball Drill Book provides you with everything you need to master essential skills, sharpen execution, and improve on-court performance. Whether you wish to develop new skills or fine-tune your game, rely on the drills that have produced the sport's top players and most dominating teams. The Volleyball Drill Book is the one and only drill book you'll ever need.

*Softball Skills & Drills* Nov 01 2022 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.

**Baseball Hitting Drills for a Batting Tee** Jun 27 2022 20 baseball hitting drills, accompanied by 20 streaming videos - one to describe and demonstrate each drill in the book. Illustrated with full color diagrams, and includes bonus material. Written by professional baseball player

**Defensive Softball Drills** Apr 01 2020 66 drills for improved individual and team fielding.

*Focused for Fastpitch* Oct 20 2021 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.

**Fast-Pitch Softball Fundamentals** Jul 17 2021 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.

**Baseball: Steps to Success** Oct 27 2019 Mastering the skills in the field, on the mound, and at the plate has never been easier. Steps to Success allows you to learn at your own pace, providing detailed instruction, expert advice, practice drills, and self-assessments to gauge progress. A new entry in the best-selling sport instruction series, this highly visual, easy-to-use

guide is ideal for novice and intermediate players and coaches alike.

**Amazing Baseball Tips** Jul 05 2020 This book offers a wealth of baseball and softball knowledge intended to be shared with coaches, parents, and players to help them have a well organized team while making the season fun, memorable, and instructional for young players. Many new coaches are parent volunteers who may have knowledge of the game, but applying their knowledge to teaching, capturing the attention of the whole team, keeping chemistry among parents, coaches, and the players, are just a few of the challenges that come with being a coach. "Coaches are roll models who must keep the perspective that the game is for the kids". At youth levels, we are teaching much more than the science of baseball. We are teaching sportsmanship, teamwork, respect for others, self respect, and "how to win and lose with dignity." This book is intended to help youth programs build an annual structured player draft, so all teams at each age level can be selected fairly and competitively each year, resulting in fair and balanced competition. From the first team practice, to the season ending party, the contents of "Amazing Baseball Tips" will allow you to be certain that all of your players and parents request you as their coach for years to come!!! Practice drills, teaching techniques, coaching philosophy, the basics of pitching, fielding, hitting, bunting, base running, defensive strategies, choosing your line-up and defense, calculating stats, and most importantly...

**Taking on the Title of Coach** Feb 09 2021 Bridgewater's own Duke Baxter and Steve Nikorak have joined forces to tackle one of the most daunting tasks of parenthood, taking on the title of Coach. Every parent that has stepped up and accepted the responsibility to coach their child's youth baseball team has felt that warm sense of pride and excitement, soon to be replaced by sheer terror. What am I going to do with a bunch of 7-year olds! This book is for every parent that has taken on the title of Coach but didn't have a clue what to do next. Duke Baxter, former professional baseball player and CEO of Zoned Sports Academy and Steve Nikorak, former professional baseball player and Coach at Zoned Sports Academy share their coaching wisdom in a simple 5-step guide for even the most reluctant of sports parents. This book covers everything from how to run a practice appropriate for the age group to fun drills that will keep all players engaged to what is a baseball knee and how should I use it. Each of the 5-steps also shares key Diamondisms, from the Dominate the Diamond secrets to success. These unique insights, little nuggets are the grit that makes the difference in making a successful coach.

**T Ball Skills and Drills** Dec 10 2020 T-Ball Skills & Drills presents 37 creative drills that T-Ball coaches and parents can do with their team or with their own kids at home. Over a million kids participate in T-Ball every year. Hitting fundamentals, throwing, baserunning, and fielding are just some of the skills covered. Coaches need to be creative to keep kids stimulated in practices and during games. Many of the drills in T-Ball Skills & Drills use common household items as props. The drills give useful hints for skills like throwing and catching fly balls that will make it achievable for 5, 6, and 7 year old kids. Other important T-Ball issues are emphasized such as safety. This book is appropriate for all T-Ball coaches and parents. Children as young as four up to seven years old will learn useful skills should they continue playing baseball or softball.

**The Baseball Drill Book** Sep 18 2021 Offers 198 activities for baseball players' training. Covers drills for warm-up, throwing, catching, base running, hitting, pitching, and fielding.

**Complete Book of Softball Drills** Jul 29 2022 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.

**The Softball Coaching Bible, Volume II** Aug 25 2019 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.

**The Complete Book Of Softball Drills** Jun 23 2019 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

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**The Art of Catching** Dec 30 2019 Instruction from a pro. Catching is the most important defensive position on the field, yet little expert instruction about how to succeed as a catcher has been readily available -- until now. In *The Art of Catching*, former major leaguer Brent Mayne distills sixteen years of professional experience to provide cutting-edge overviews of all the crucial technical aspects of the position, including: athletic posture and stances; glove mechanics and throwing to bases; pitchouts, back picks, and handling pop flies; calling games and working with pitchers; making plays at the plate without getting hurt; getting the most out of drills and bullpen time; what it takes to play in the big leagues. Mayne cautions: "Practice does not make perfect. Practice makes permanent. In other words, if you have poor technique when you practice, that is what you will take out to the game." This manual will help ensure that your technique is stellar. The information in this book is applicable to players at all levels, from Little League to the major leagues. With many photos and illustrations, summaries of key points, and thought-provoking quotations, *The Art of Catching* is the essential instruction manual for coaches and aspiring catchers everywhere. - Back cover.

*International Book of Tennis Drills* Feb 21 2022 Filled with time-tested drills designed to improve every aspect of one's game, this updated edition is the ideal resource for any tennis player who wants to gain an edge on their competition. With more than 100 practice drills for both group and independent practice, readers will learn how to improve their serving, returning, groundstrokes, lobs, drop shots, approach shots, overhands, volleys, and much more. The singular, authoritative source for skill-enhancing drills, this guide is equally useful for beginning or advanced players of all ages.

**Coaching Softball Technical and Tactical Skills** Oct 08 2020 "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.

**The Mental Game Of Baseball** Nov 28 2019 In this book, authors H.A. Dorfman and Karl Kuehl present their practical and proven strategy for developing the mental skills needed to achieve peak performance at every level of the game.

**Clean Your Cleats** Nov 20 2021 What Does it Take to Have a Great Baseball Career? You daydream about one day seeing your face on a baseball card. You live for pressure and the green grass beneath your cleats. But as your career progresses, the game gets harder. You slump and struggle. You get injured and overlooked. Your confidence plummets. Can you keep improving? Are your big dreams still within reach? A Handbook for the Dedicated Player *Clean Your Cleats* is filled with stories and advice learned the hard way, over a long career on the diamond. Develop better routines and improve your consistency. Handle the ups and downs with confidence and resolve. Strengthen relationships with teammates, parents and coaches. Learn mindset strategies to become the best version of you. Dan Blewett, in this practical guide, helps players understand all the little things in baseball that make a huge difference over a long career. Why clean your cleats? Because every detail matters.

*The Baffled Parent's Guide to Coaching Youth Softball* Aug 06 2020 Hands on approach to coaching kids softball.

*Softball Skills & Drills 2nd Edition* Jul 25 2019 This guide is complete updated with more skills, more drills and strategies, and more of the stellar instruction that have made it the top-selling title on softball.