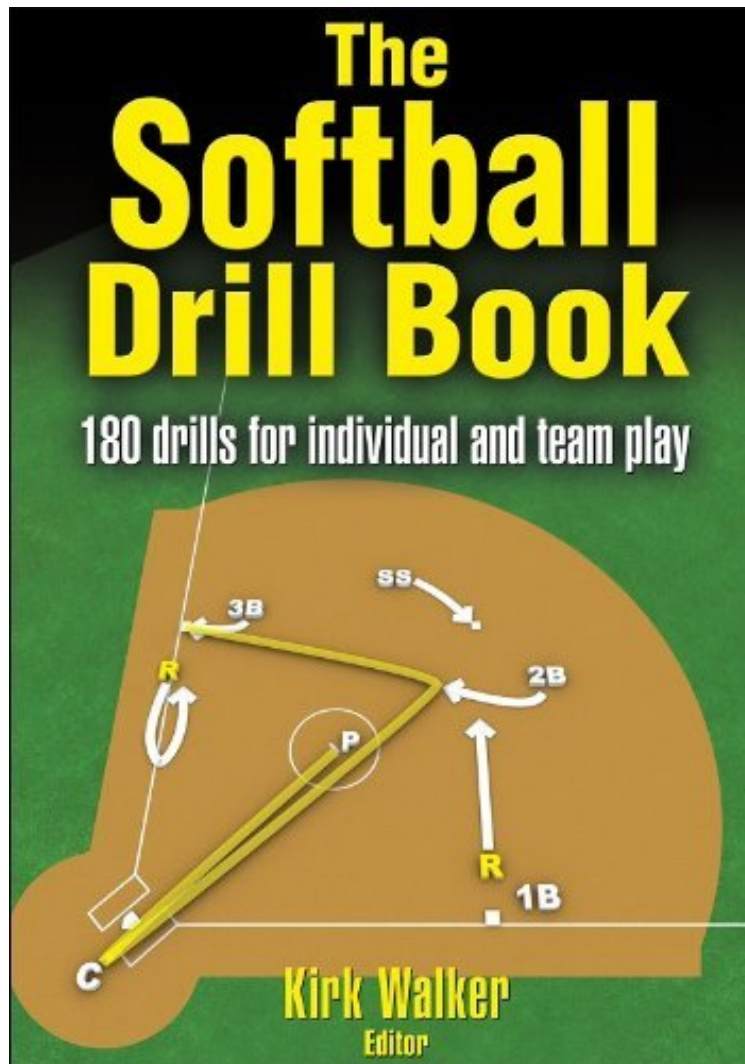


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The Softball Drill Book

Von Kirk Walker

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Von Kirk Walker : The Softball Drill Book before purchasing it in order to gage whether or not it would be worth my time, and all praised The Softball Drill Book:

KundenrezensionenHilfreichste Kundenrezensionen2 von 2 Kunden fanden die folgende Rezension hilfreich. Drill Book fr CoachesVon Mad MikeDieses Buch ist hauptschlichst fr Coaches geschrieben. Es werden viele Drills und Techniken beschrieben. Es ist jedoch kein Lehrbuch fr Softball! Hier geht es um Verfeinerung von Techniken. Die bungen sind teilweise sehr komplex beschrieben. Als Coach kann ich aus dem Buch einige Drills verfeinern und mit

meinen eigenen Techniken und Übungen ergänzen.

Kurzbeschreibung 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. Pressestimmen""This book's outstanding drills will take your practice sessions to the next level. I wish I'd had this resource when I started my coaching career. It has great explanations and illustrations!"" Mike CandreaHead Softball CoachUniversity of ArizonaUSA National Team ""A drill book like no other! This inside look at what the best college programs do every day will help any player or team improve."" Lisa Fernandez, Pitcher, USA SoftballGold Medalist at 1996, 2000, and 2004 Olympic Games

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