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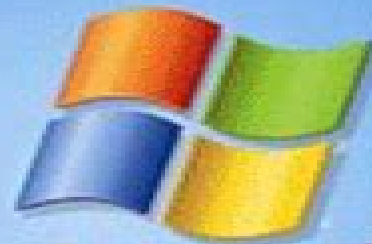
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web this ebook starts by breaking down 16 simple fun and effective softball drills covering hitting baserunning infield outfield and game preparation many of the drills can be done in the infield or simply using a large patch of outfield grass so you can make the best use of the field space you have available

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web softball practice planning needs to include components that are related to the overall season plan it also needs to be challenging