

Winning Softball DRILLS

A Complete Drill Book
for Coaches

Dianne I. Baker
Dr. Sandra S. Cole

Winning Softball Drills A Complete Drill Book For Coaches Paperback

Michele Smith, Lawrence Hsieh



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Winning Softball Drills Dianne I. Baker, Sandra S. Cole, 1989-01-01 **Forthcoming Books** Rose Army, 1989-09 **The Softball Drill Book** Kirk Walker, 2007-04-30 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 **Subject Guide to Books in Print** , 1991 The Softball Drill Book Kirk Walker, 2014-05-10 The Softball Drill Book contains the same drills that 14 elite U.S. softball coaches have used to help their teams capture 13 NCAA Division I titles and dozens of NCAA regional championships Margie Wright Yvette Girouard and Carol Hutchins each of whom have amassed more than 1,000 career wins along with contributors from legendary programs such as UCLA and Florida State team up to share the most authoritative collection of softball drills ever assembled This comprehensive collection features 180 drills for individual and position specific fundamentals as well as warming up training and team tactics Each drill is presented with a description of purpose organization execution variations and coaching points along with photographs and diagrams to enhance instructional clarity The progressively arranged sequence of drills further optimizes learning and helps readers make the most of every practice *Paperbound Books in Print* , 1992 Athletic Journal , 1984 Vols 9-12 include proceedings of the 8th-11th annual meeting of the American Football Coaches Association and of the National Association of Basketball Coaches of the United States 3d-6th annual meeting *Complete Book of Softball Drills* Gary Leland, 2014-05-15 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

Scholastic Coach ,1991-08 **Coach's Guide to Game-Winning Softball Drills** Michele Smith, Lawrence Hsieh, 2008-02-28 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

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