

Focused For Fastpitch

Fastpitch Softball: The Windmill Pitcher Barry Sammons 1997-09

Women in Softball A. W. Buckey 2020

High-Scoring Softball Ralph Weekly, Jr. 2012-04-10 Plain and simple, championship teams score runs. Their offenses are consistent, aggressive, opportunistic, and disciplined. They may manufacture runs or rely on the long ball, but they score early and often. And they win. High-Scoring Softball is the definitive guide for offensive play. The game's most successful coaching duo, Ralph and Karen Weekly, share the approach that has shaped some of the game's top scoring offenses and generated more than 1,700 career victories. Inside you'll find detailed instruction, advice, and coaching tips on mastering offensive fundamentals, such as baserunning, bunting, slap hitting, and hitting for power and average. You'll learn how to evaluate your team's talents, tendencies, and strengths and create a potent, offensive attack. And a detailed analysis of common game situations provides you with strategies and advice for capitalizing on every opportunity. Defense may win games, but only if you score. With High-Scoring Softball you will score and you will win. It will change the way you play the game.

Fastpitch Erica Westly 2017-04-04 From its humble beginnings in 1887, when it was invented in a Chicago boat club and played with a broomstick, to the rise in the 1940s and 1950s of professional-caliber company-sponsored teams that toured the country in style, softball's history is as diverse as it is fascinating. Though it's thought of today as a woman's sport, fastpitch softball's early years featured several male stars, such as the vaudeville-esque Eddie Feigner, whose signature move was striking out batters while blindfolded. But because softball was one of the only team sports that women were allowed to play competitively, it took on added importance for female athletes. This book chronicles its history.

Fast-pitch Softball Fundamentals Dick Smith 2004 Written for fast pitch softball coaches and players of both genders and all ages, this book is like no other softball book currently on the market. While other softball books focus merely on the broad "how-to's" of the game, Smitty's book looks at the details that transform strong skills into great plays and good players into great team members.

Hitting with Torque Paul F. Petricca 2017-11-07 Paul Petricca draws on his experience as a coach, player, blogger, and student of baseball and softball to share what he's 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--it's 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.

[The Softball Coaching Bible, Volume II](#) National Fastpitch Coaches Association 2013-11-05 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.

Fastpitch Softball Magazine Book 5-The Best of Issues 41-50 Gary Leland 2017-05-29 The Fastpitch Magazine located on the web at <http://FastpitchMagazine.com> was the leading online publication for fastpitch softball players, coaches, and parents. After 4 years of publishing magazine issues every month I decided to create a set of books from the contents. This is the best of issues 41 through 50. This book contains articles from some of the best writers and bloggers in the sport of fastpitch softball. I think you will agree with me when I say this book is a home run for any fastpitch softball player, coach, or fan! The Best Of The Fastpitch Magazine Book 3 has article by the following writers: Mitch Alexander Keri Casas Rob Crews Jenn Cromberger Michele Diltz Abby Hanrahan Shannon McDougall Bill Plummer Aaron Weintraub Dr. Sherry Werner PhD Robbie Wilson I hope this book and the articles by these great writers help you along your path on your personal journey through the world of fastpitch softball.

The Complete Book Of Softball Drills Gary Leland 2013-12-16 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.

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.

Mexican American Fastpitch Ben Chappell 2021-08-17 In Mexican American communities in the central United States, the modern tradition of playing fastpitch softball has been passed from generation to

generation. This ethnic sporting practice is kept alive through annual tournaments, the longest-running of which were founded in the 1940s, when softball was a ubiquitous form of recreation, and the so-called "Mexican American generation" born to immigrant parents was coming of age. Carrying on with fastpitch into the second or third generation of players even as wider interest in the sport has waned, these historically Mexican American tournaments now function as reunions that allow people to maintain ties to a shared past, and to remember the decades of segregation when Mexican Americans' citizenship was unfairly questioned. In this multi-sited ethnography, Ben Chappell conveys the importance of fastpitch in the ordinary yearly life of Mexican American communities from Kansas City to Houston. Traveling to tournaments, he interviews players and fans, strikes up conversations in the bleachers, takes in the atmosphere in the heat of competition, and combs through local and personal archives. Recognizing fastpitch as a practice of cultural citizenship, Chappell situates the sport within a history marked by migration, marginalization, solidarity, and struggle, through which Mexican Americans have navigated complex negotiations of cultural, national, and local identities.

Coaching Fastpitch Softball Successfully Kathy Veroni 2005-12-08
Field a winning fastpitch softball team year after year with the knowledge and insights of a coaching legend! CoachingFastpitch 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.

How To Pitch A Soft Ball A Guide To Playing Fastpitch Softball

Benjamin Douthett 2020-12-25 Pitching in fast-pitch softball takes a lot of skill, focus, and practice. Unlike slow-pitch softball, the goal in fast-pitch softball is to throw the ball fast to strike out the hitter every time. To learn how to pitch, start by properly setting up on the pitcher's plate. Then, use the proper fast-pitch techniques to build momentum and throw the ball as fast and accurately as you can. Once you've mastered your pitching grip, stance, and motions, there are several drills you can do to help you improve your speed and technique.

Slowpitch Softball Hitting Rainer Martens 2010-11-23 Slowpitch Softball Hitting presents everything you need to know before stepping into the batters' box. With this mini e-book, learn how to make the most of each at-bat from senior softball Hall of Famer Rainer Martens and his wife, Julie Martens. Supported by over 45 years of softball experience and PhDs in the sport sciences, Rainer and Julie present detailed information about techniques related to hitting, such as strike zone recognition, stances, bat selection, and grips. Aside from the basics, you'll learn how to hit for average and increase your bat speed to generate power in various game situations. Different situations within a game require different types of hits to generate runs. Learn how to increase your precision and take your productivity at the plate to new heights. The mini e-book Slowpitch Softball Hitting is an abridged version of the comprehensive book Complete Guide to Slowpitch Softball (Human Kinetics, 2011). The content here is unique because it is specific to the slowpitch game, not merely fastpitch advice modified for slowpitch players. This sharp focus is what makes Slowpitch Softball Hitting such a valuable resource for all who play the game.

Focused for Fastpitch Gloria Solomon 2004 Annotation Focused for Fastpitch combines the best qualities of a drill book and a softball-specific guide to sport psychology, ensuring that come game time everyone will play at peak performance. Informative yet easy to read, mastering the Focused for Fastpitch training principles requires no prior experience,

and each chapter includes interactive exercises and charts to help monitor progress. Each drill clearly specifies the mental and physical skills targeted, the goal, proper execution, coaching tips, and variations for increasing or decreasing difficulty. And for additional insight into successful skill building, some favorite drills are included from these top coaches: -Gayle Blevins, University of Iowa-Tami Brown, All-American Softball School's College Prep Program-Connie Clark, University of Texas-Michelle Gromacki, California State University, Fullerton-Jacquie Joseph, Michigan State University-Brian Kolze, University of the Pacific-Patrick Murphy, University of Alabama-Coaching staff, University of California, Davis-John Reeves, University of California-Kathy Strahan, California State University, Sacramento Integrating concentration, confidence, mental imagery, and energy regulation at practice with softball-specific drills will result in players reaching their potential far sooner than practicing any of these aspects alone. Applying the information in Focused for Fastpitch is the best way to gain the advantage.

2020 BlueBook 60 - The Ultimate Guide to Fastpitch Softball

Rules 2020 This is the 12th year publishing the best selling Blue Book 60, the ultimate teaching and reference tool for Umpires, Coaches, and Players that need to understand the nuances of fast pitch softball rules. This 100+ page guide covers complete references with detailed explanations of NCAA (collegiate), NFHS (high school), USA Softball (formerly ASA) and USSSA travel team softball rules. Blue Book 60 is the top rated fast pitch rules guide in publication for 10 seasons now in the US and Canada. If you're a COACH: This guide explains fastpitch rules in an easy to consume format for any level. Learn the important rules, the right way. If you're an ATHLETE: Learn the rules to get an edge on the competition, very easily using the Blue Book 60. If you're a PARENT: Learn the rules before to be a better educated fan and support your teams. If you're an UMPIRE: This guide is a must read, especially if you work multiple levels and need to remember different codes. Additionally the appendix contains several nice umpire tools to help you have better pregame discussions with your partners. 100% of all proceeds go directly

toward educating coaches and umpires and also provide officiating scholarships through the non-profit "Zebra Foundation". (<http://projectzebra.org>) Additions and updates can be found at <http://bluebook60.com>. For more officiating resources (basketball and softball) visit "60 Seconds on Officiating" at <http://ref60.com> and <http://gobeyondtherules.com>.

Women's College Softball on the Rise Mark Allister 2019-03-29 Sidestepping the inflated egos and scandal that have infiltrated many men's sports, college female softball players exhibit power and grace on the field as well as camaraderie, high achievement and vulnerability off the field. This balance not only makes the game compelling to watch, but it also elevates women's softball as an aspirational model for other sports. Focusing on the 2018 season, this book explores gender performance and sexuality in softball, how the influx of money from the sport's growth has reshaped expectations of success, and traditional media coverage of women's sports.

Finished It Cassie Reilly-Boccia 2014-11-14 Finished It unlocks the Alabama Softball story in a transparent and powerful way. Her stories are woven together creating the sensation you are living and learning what makes Alabama Softball special. This book shares how Coach Patrick Murphy, Coach Aly Habetz and staff have cornered the market on RELEVANT leadership. Unwavering values that withstand the test of time in an ever changing society. Her book pulls back the curtain on one of NCAA Softball's greatest collegiate programs. Sue Enquist Former UCLA Softball Coach-27 yrs. 11-Time National Champion 5-Time Hall of Fame "Been around this amazing game for awhile, and few have ever taken us inside the true emotion, process, preparation and understanding of what it takes to win on the biggest stage. Cassie does this so uniquely, you will find yourself applying to your own life the creative ways this special group was able to succeed both as an underdog in THE championship moment and as a difference maker in life." Jessica Mendoza ESPN Analyst and Reporter, Olympic Silver and Gold Medalist Finished It shows us there is more to winning a national championship than meets the eye the day that trophy is hoisted.

Discovering the details of raw emotion and effort that goes into winning a national championship is nothing short of motivational. You can see the Alabama Softball program has developed a formula for not only winning games, but the effort it takes to develop a healthy, inspiring lockerroom from day one of a season. Any athlete, any person would be able to relate to the dedication, creativity, passion and belief in each other this team had from the get-go of their magical season. Amanda Scarborough 2-Time All-American ESPN College Softball Analyst "Although little can prepare you for adversity, this book will show you that when you have twenty hearts beating as one, nothing can stop you." Jaclyn Traina 4-Time All-American Team USA Softball Member

SWAG 101 Rob Crews 2013-11-04 SWAG 101 by Rob Crews "The trajectory of learning has changed, therefore the trajectory of teaching must change as well. Be innovative in player development." "I love talking the game with Rob Crews, especially when you talk about hitters. The insight that Rob has given me when it comes down to his perspective on hitting has been very beneficial to me as a hitting coach. You are not going to find another hitting coach as passionate as Coach Crews." -TIM WALTON Head Coach, University of Florida Softball "Rob breaks down teaching and learning not only for athletes but for the common everyday citizen. I recommend SWAG 101 to everyone interested in becoming more knowledgeable of the teaching and learning process no matter your intelligence level." -ORV FRANCHUK Hitting Coach, Los Angeles Dodgers "SWAG 101 teaches hitting and the mental game from a player's perspective. His innovative ideas and strategies are straight forward and keep the game simple. I'm proud to call Rob a teacher and a friend." -HOWARD DOBSON Hitting Coach LSU, Team USA Softball "This book is an absolute must read for those players aspiring to reach the top level game! SWAG - the secret weapon all great hitters possess but are reluctant to share." -LAUREN GIBSON 2013 SEC Player of the Year, Team USA Softball "Rob knows hitting and more importantly he knows hitters. In SWAG 101, hitters learn to know themselves through his teachings - perhaps the most critical piece to the performance puzzle." -KRIS HERMAN Head Coach, Williams College Softball "The book does a

great job of tying in the various components of learning and how important each aspect is to an athlete in their own development. Rob is world class when it comes to showing the countless ways there are for an athlete to improve -not just with the physical, but more importantly the mental facet." -MIKE STEUERWALD Head Coach, Chicago Bandits, NPF The bottom line is most athletes with great swings and great form, aren't even that good! So what makes them good? SWAG 101 is about Invisible Mechanics -the mechanics that we can't see. What goes on under the hood. Most of which precedes the swing. Its about perception. Organzing your thoughts. In this book, the author digs deeper into the athlete's operating system. Invisible Mechanics is the brain working together with the eyes to create a faster, more efficient response from the body. The COMPLETE GAME instructional model, as narrated by Rob Crews, combines mind/body research outlining and how effective teaching is continuing to evolve.

Sneaky Softball Pitching Hal Skinner 2010-08 Sneaky Softball Pitching contains the most sought after pieces of pitching advice in the game today. Learn how to pitch faster within seconds. Get the secret of how to stun a batter into not swinging at all. Find out what every great pitcher needs to know about the mental game, and get detailed information about the foundation for building not only top speed, but most accuracy as well.

The Softball Coaching Bible Volume II National Fastpitch Coaches Association 2013-11-19 For more than a decade, coaches have relied on one classic resource for their every coaching need. Featuring the advice, wisdom, and insights from the sport's legendary coaches, The Softball Coaching Bible, Volume I, has become the essential guide for coaches at every level worldwide. The Softball Coaching Bible, Volume II, picks up where the first volume left off, providing more instruction, guidance, recommendations, and expertise for every aspect of the sport. The NFCA has put together another stellar lineup of coaches who share the guidance that helped them establish such well-respected softball programs: Patty Gasso Jeanne Tostenson-Scarpello Chris Bellotto George Wares Kris Herman Bob Ligouri Karen Weekly Elaine Sortino Frank

Griffin Bonnie Tholl Michelle Venturella Beth Torina Jenny Allard Ehren Earleywine Erica Beach Stacey Nuveman John Tschida Teena Murray Donna Papa Carol Bruggeman Kyla Holas Kelly Inouye-Perez Sandy Montgomery Rachel Lawson Kristi Bredbenner Deanna Gumpf It's all here—developing players, building a winning program, assessing and refining essential skills and techniques, and incorporating the most effective strategies for any opponent or in-game situation. If you coach the sport and want a competitive edge in today's game, *The Softball Coaches Bible, Volume II*, is the must-have resource for every season. *Coaching Youth Softball* American Sport Education Program 1996 *Coaching Youth Softball* is a great tool for youth softball coaches and parents working with 6- to 14-year-old athletes. It describes in detail how to teach kids important softball skills and strategies at a level that's just right for them. This valuable resource contains 29 drills and 95 illustrations, including 22 defensive position diagrams. *Coaching Youth Softball* shows you techniques for teaching fundamental softball skills step-by-step - what to teach and how to teach it. The book also addresses the similarities and differences between fast- and slow-pitch softball. *Coach's Guide to Game-Winning Softball Drills* Michele Smith 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

Fastpitch Softball Barry Sammons 1997-02-01 "The Windmill Pitcher is the most comprehensive book on fastpitch pitching that I have read. It is an excellent reference for both coaches and pitchers." -- Ernie Parker, world-renowned pitching coach "I now have a comprehensive reference book to offer the people who contact me about pitching. The chapter on increasing ball speed is outstanding. There was an incredible need for this book and I thank Barry for writing it." -- Sherry Werner, PhD, lead researcher, International Olympic Committee's Submission on Biomechanics and Physiology "One of the most comprehensive fastpitch instructional books on the market today. A must addition for any coach's library." -- Art Certosimo, DuPage County, Illinois Barry Simmons has been a pitcher in men's fastpitch softball leagues at all levels for 35 years. Also a student of art and design, Sammons used his knowledge to develop many of the illustrations used in the book. He is an attorney for the Milwaukee, Wisconsin firm of Quarles & Brady. *Coaching Youth Softball* Coach Education 2018-11-15 Whether you're new to coaching or an experienced youth softball coach, the fourth edition of *Coaching Youth Softball* is your handbook for a successful season. Field-tested, age-specific coaching information helps you • communicate with players, officials, parents, and other coaches; • teach softball fundamentals using gamelike drills; • provide basic first aid; • plan and conduct practices; • manage your team during games; and • keep it all fun. Numerous coaching books present the skills and drills of softball. But *Coaching Youth Softball* teaches you how to convey these skills to your athletes in an engaging and positive manner. Endorsed by Babe Ruth Softball, the book is focused on teaching offensive and defensive skills through gamelike drills, which sets it apart from the current lineup of softball coaching books. Ideal for coaches of players ages 14 and under, *Coaching Youth Softball* helps you focus on the fundamentals, and the 12 new skill-teaching drills and 37 age-appropriate coaching tips are sure to jump-start your practices. Experience the excitement as your players improve their skills, fall in love with the game, and come out for the team year after year. **Fast-pitch Softball Fundamentals** Dick Smith 2004 Written for fast

pitch softball coaches and players of both genders and all ages, this book is like no other softball book currently on the market. While other softball books focus merely on the broad "how-to's" of the game, Smitty's book looks at the details that transform strong skills into great plays and good players into great team members.

Practice Perfect Softball National Fastpitch Coaches Association (NFCA)

2016-05-27 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 Surprise Jake Maddox 2014 Jo can't wait for the summer softball league to start. She's sure this will be the year she's on the Red Angels, the best team in the league.

Diamond Girl Donna M. Reiss 2011-12-02 This book is a comprehensive drill book intended to help beginner and advanced pitchers, coaches, and parents. The content moves through the proper pitching progression from learning the basic mechanics to developing the movement pitches. A look at pitching from a former professional catcher's perspective provides insight into the pitcher/catcher "battery." The importance of the pitcher's mental preparation to manage the game is discussed. Practicing needs to be fun or the pitcher will soon get bored. This book also introduces fun activities, some that don't even need a softball, which focus on specific areas of the pitch. Have fun!

Coaching Fastpitch Softball Successfully Kathy J. Veroni 2006

Skill Building Competitions Gary E Barr 2021-10-02 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.

Clean Getaway Nic Stone 2021-01-05 From the New York Times bestselling author of Dear Martin comes a middle-grade road-trip story through American race relations past and present, perfect for fans of Jacqueline Woodson and Jason Reynolds. How to Go on an Unplanned Road Trip with Your Grandma: - Grab a Suitcase: Prepacked from the big spring break trip that got CANCELLED. - Fasten Your Seatbelt: G'ma's

never conventional, so this trip won't be either. - Use the Green Book: G'ma's most treasured possession. It holds history, memories, and most important, the way home. What Not to Bring: - A Cell Phone: Avoid contact with Dad at all costs. Even when G'ma starts acting stranger than usual. Take a trip through the American South with the New York Times bestselling author Nic Stone and an eleven-year-old boy who is about to discover that the world hasn't always been a welcoming place for kids like him, and things aren't always what they seem--his G'ma included.

Throw Like a Girl Jennie Finch 2011-08-01 The evidence is overwhelming: sports help girls grow into strong women. Both scientific studies and anecdotal evidence confirm that athletic girls not only grow up to be healthier; they learn teamwork, gain inner confidence, and grow into society's leaders. Sports help preteen and teenage girls make the right choices in a society that is sending them incredibly mixed messages about who they are supposed to be. Yet no one is speaking directly to these girls. Jennie fills the role of girlfriend, big sister, team captain, and mentor. A smart, credible, and accomplished voice from an athlete who is strong and feminine, fiercely competitive, and fashionably cool, Jennie is someone young women will listen to and take to heart. Jennie's message: Believe in yourself. Go for it, girls.

Survival Guide for Coaching Youth Softball Robert B. Benson 2009-10-16 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.

Softball Skills & Drills Judi Garman 2011-02-14 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.

The Softball Coaching Bible Volume I National Fastpitch Coaches Association 2002-02-07 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.

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Fast Pitch Nic Stone 2021-08-31 From #1 New York Times bestselling author Nic Stone comes a challenging and heartwarming coming-of-age story about a softball player looking to prove herself on and off the field. Shenice Lockwood, captain of the Fulton Firebirds, is hyper-focused when she steps up to the plate. Nothing can stop her from leading her team to the U12 fast-pitch softball regional championship. But life has thrown some curveballs her way. Strike one: As the sole team of all-brown faces, Shenice and the Firebirds have to work twice as hard to prove that Black girls belong at bat. Strike two: Shenice's focus gets shaken when her great-uncle Jack reveals that a career-ending—and family-name-ruining—crime may have been a setup. Strike three: Broken focus means mistakes on the field. And Shenice's teammates are beginning to wonder if she's captain-qualified. It's up to Shenice to discover the truth about her family's past—and fast—before secrets take the Firebirds out of the game forever.

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.

Complete Guide to Slowpitch Softball Rainer Martens 2011 A comprehensive and original instructional guide to the unique sport of slowpitch. Learn basic to advanced offensive and defensive techniques, as well as expert advice on physical and psychological conditioning.

Enola Holmes and the Black Barouche Nancy Springer 2021-08-31 "A young girl who is empowered, capable, and smart...the Enola Holmes book series convey an impactful message that you can do anything if you set your mind to it, and it does so in an exciting and adventurous way."-- Millie Bobby Brown Enola Holmes is back! Nancy Springer's nationally bestselling series and breakout Netflix sensation returns to beguile readers young and old in *Enola Holmes and the Black Barouche*. Enola Holmes is the much younger sister of her more famous brothers, Sherlock and Mycroft. But she has all the wits, skills, and sleuthing inclinations of them both. At fifteen, she's an independent young woman--after all, her name spelled backwards reads 'alone'--and living on her own in London. When a young professional woman, Miss Letitia Glover, shows up on Sherlock's doorstep, desperate to learn more about the fate of her twin sister, it is Enola who steps up. It seems her sister, the former Felicity Glover, married the Earl of Dunhynch and per a curt note from the Earl, has died. But Letitia Glover is convinced this isn't the truth, that she'd know--she'd feel--if her twin had died. The Earl's note is suspiciously vague and the death certificate is even more dubious, signed it seems by a John H. Watson, M.D. (who denies any knowledge of such). The only way forward is for Enola to go undercover--or so Enola decides at the vehement objection of her brother. And she soon finds out that this is not the first of the Earl's wives to die suddenly and vaguely--and that the secret to the fate of the missing Felicity is tied to a mysterious black barouche that arrived at the Earl's home in the middle of the night. To uncover the secrets held tightly within the Earl's hall, Enola is going to require help--from Sherlock, from the twin sister of the missing woman,

and from an old friend, the young Viscount Tewkesbury, Marquess of Basilwether! Enola Holmes returns in her first adventure since the hit Netflix movie brought her back on the national bestseller lists, introducing a new generation to this beloved character and series.

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