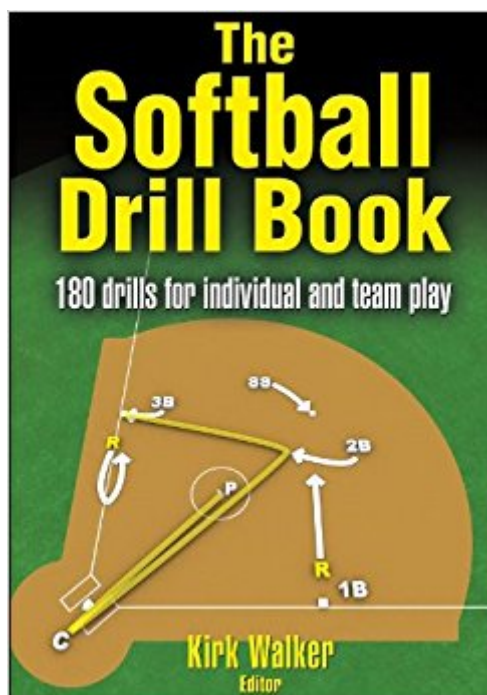


The book was found

The Softball Drill Book



Synopsis

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.

Book Information

Paperback: 280 pages

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Customer Reviews

"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 Candrea
Head Softball Coach
University of Arizona
USA 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 Softball
Gold Medalist at 1996, 2000, and 2004 Olympic Games

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Gold Medalist at 1996, 2000, and 2004 Olympic Games

If you're looking for a comprehensive book with practical drills, this is your book!

Great!

A well organized book with great drills for 14u and up.

has great drills for all ages

Great resource for all levels. Enjoyed the diversity and options this book gives you. Great ideas and easy to understand instructions. Ideas for indoors or out, 10u on up.

A complete book. Have used some of the drills already.

Exactly what I thought I was getting

I got this book to help with my 8U team, but this book is best suited for girls a bit older.

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