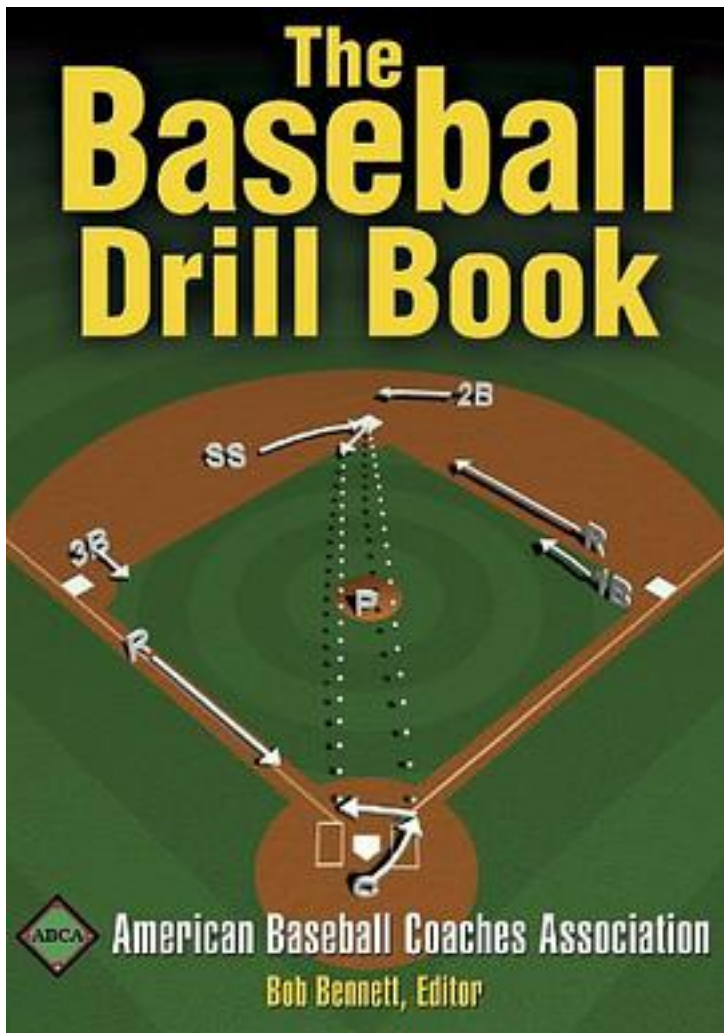


The Baseball Drill Book



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著者:American Baseball Coaches Association

出版者:Human Kinetics

出版时间:2003-11

装帧:Pap

isbn:9780736050838

Seventeen of the game's top collegiate coaches have teamed up with the American

Baseball Coaches Association (ABCA) to bring you the game's most comprehensive assortment of practice activities. "The Baseball Drill Book" features 198 drills proven to improve individual and team performance. Former Fresno State coach Bob Bennett, Ripon College's Gordie Gillespie, Lewis-Clark State's Ed Cheff, Wichita State's Gene Stephenson, and South Carolina's Ray Tanner are among the greats who present their best practice drills and insights for improving these skills: -Conditioning and warm-up -Throwing and catching -Base running and sliding -Hitting and bunting -Pitching -Fielding -Offensive and defensive tacticsEach drill follows a concise format. First, the primary skill or tactic to be enhanced is identified, then procedure and setup details are provided. Illustrations for proper technique are also included, followed by coaching insight to help you sharpen players' understanding of the game's finer points. Glean tactical advice such as how to get a teammate home from third when a key run is needed and how to "sit on" certain pitches while at the plate. Drill modifications are included so that each drill can be modified to fit specific needs. Additional chapters explain how to effectively and efficiently incorporate drills in practice sessions and to simulate game situations. In all, "The Baseball Drill Book" provides the essential link between initial skill learning and winning performance on the diamond.

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