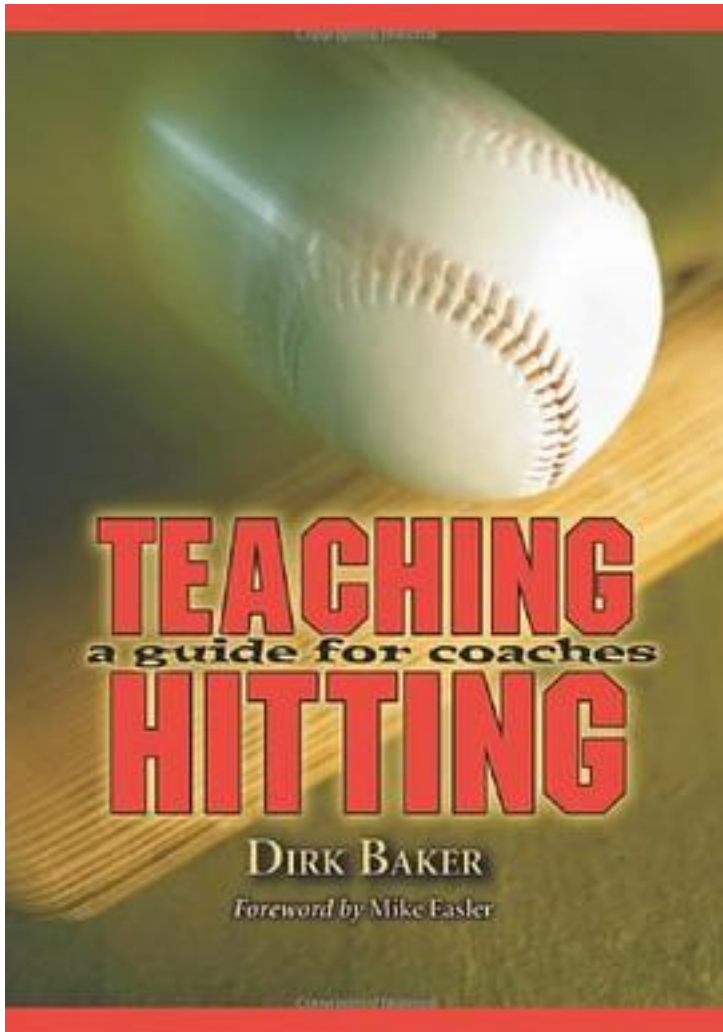


# Teaching Hitting



[Teaching Hitting\\_ 下载链接1](#)

著者:Baker, Dirk

出版者:McFarland & Co Inc Pub

出版时间:2005-6

装帧:Pap

isbn:9780786420490

Explanation, demonstration, correction and repetition are essential to the activity of

teaching. Successful coaches must be able to effectively and consistently incorporate each of these teaching methods into lessons for their teams. Ideal for any age group, the concepts in this guide help coaches to master these basic principles as they focus on the most important elements of how to teach hitting. Introduced with the author's own teaching-coaching philosophy, this work offers 21 chapters covering a hitting coach's every need. When to Start, Bat Size, Grip, Stance, Swing, Drills and Station Work, Bat Speed, Mental Preparation and Confidence, Pinch Hitting and Running a Hitting Clinic are a few examples of the many specific instructional sections included here. There are 137 photographs that supplement the text.

作者介绍:

目录:

[Teaching Hitting\\_ 下载链接1](#)

标签

评论

-----  
[Teaching Hitting\\_ 下载链接1](#)

书评

-----  
[Teaching Hitting\\_ 下载链接1](#)