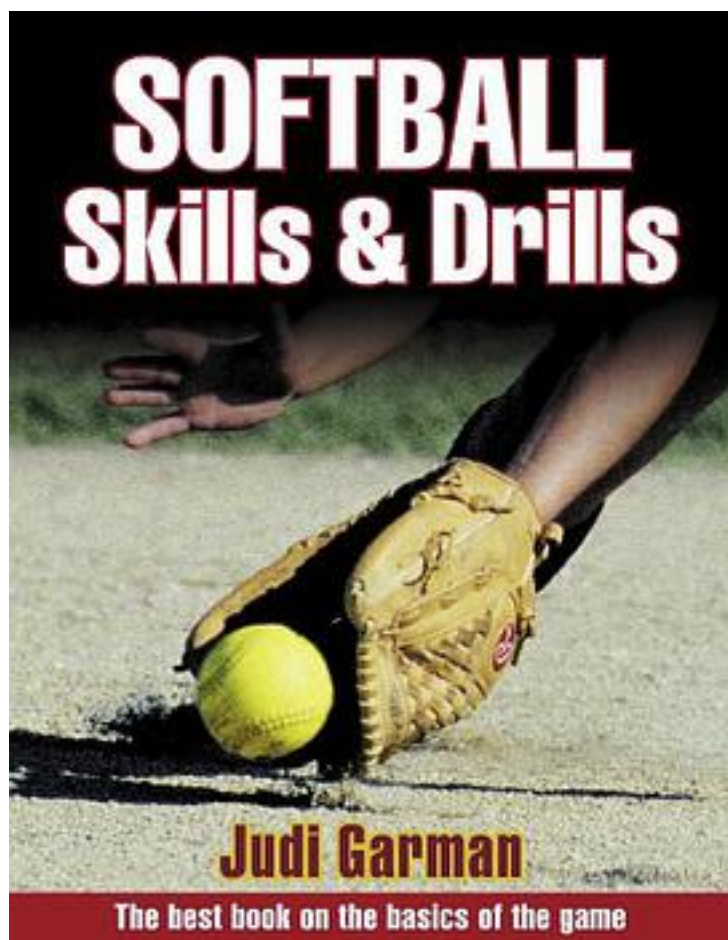


# Softball Skills and Drills



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Looking for the ultimate softball "how-to" book to help you learn and master the essential skills? "Softball Skills & Drills" covers all the fundamentals to build strong individual players and winning teams. Written by one of the winningest coaches in

NCAA history, "Softball Skills & Drills" shows how to perform and improve hitting, bunting, slap hitting, baserunning, fielding, throwing, pitching, and catching skills. Author Judi Garman has more than 30 years of experience, more than 1,100 victories, and a spot in the National Softball Coaches Association Hall of Fame. She has proven that she has what it takes to win consistently. Now, Garman shares her formula for developing the fundamentals by packing 170 drills, 142 photos, and 49 illustrations into "Softball Skills & Drills." Get complete details on every facet of the game: - Power hitting techniques- Bunting and slap hitting techniques- Baserunning techniques- Pitching and catching techniques- Position-specific fielding techniques- Offensive and defensive tactics "Softball Skills & Drills" gives you more than Xs and Os. This practical handbook is loaded with tips that will speed players' skill development. And it comes with a companion video series that shows the techniques and drills in action.

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