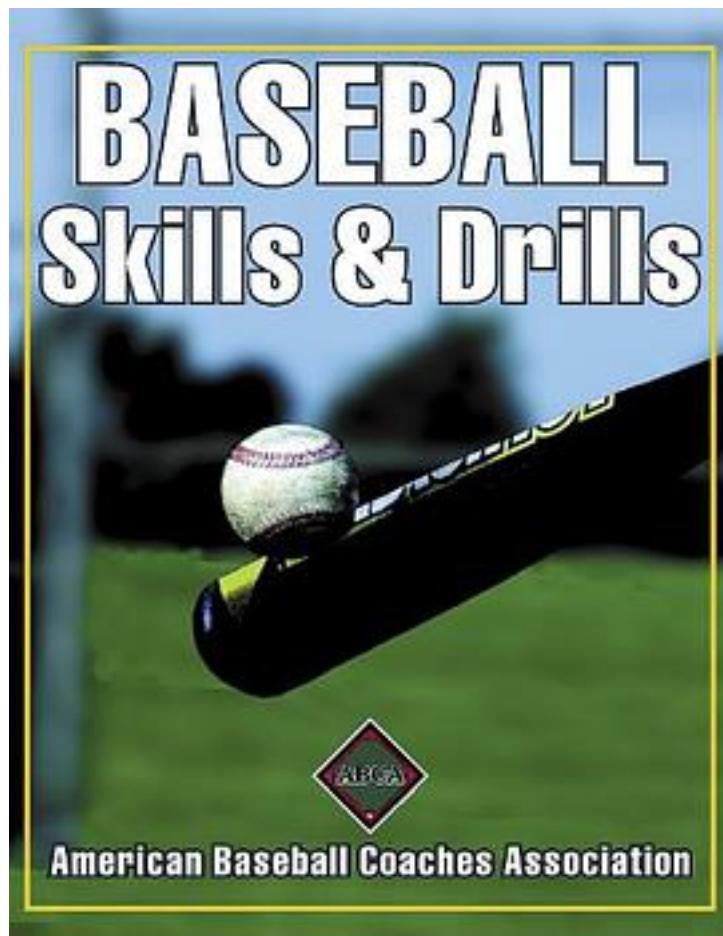


# Baseball Skills & Drills



[Baseball Skills & Drills 下载链接1](#)

著者:Winkin, John (EDT)/ Leggett, Jack/ McMahon, Pat/ Johnson, Mark/ American Baseball Coaches Association (COR)

出版者:Human Kinetics

出版时间:2001-3

装帧:Pap

isbn:9780736037389

"Baseball Skills & Drills" is the most comprehensive training book available for coaches and players at all levels. You will learn the best skills and drills for improving overall

performance at every stage of the game, thus improving your chances at winning. "Baseball Skills & Drills" is packed with techniques that accelerate learning and improve execution, as well as tips and insights on how to better organize practices and correct common errors. Written by three of baseball's top collegiate coaches in their respective areas of expertise and endorsed by the American Baseball Coaches Association (ABC), "Baseball Skills & Drills" is absolutely the most complete instructional guide of its kind. This book offers 17 concise chapters including: - catching and pitching with Coach Pat McMahon of the University of Florida, - hitting and baserunning with Coach Mark Johnson of Texas A&M University, and- fielding with by Coach Jack Leggett of Clemson University. "Baseball Skills & Drills" is an extraordinary book with 225 pages of relevant information and more than 200 photos that help illustrate the practical instructions on the basic skills and drills for developing top players at any age.

作者介绍:

目录:

[Baseball Skills & Drills 下载链接1](#)

标签

美国

评论

塔木的教练出的2333 不过图文并茂简单粗暴超级实用也不过时

---

[Baseball Skills & Drills 下载链接1](#)

书评

[Baseball Skills & Drills](#) [下载链接1](#)