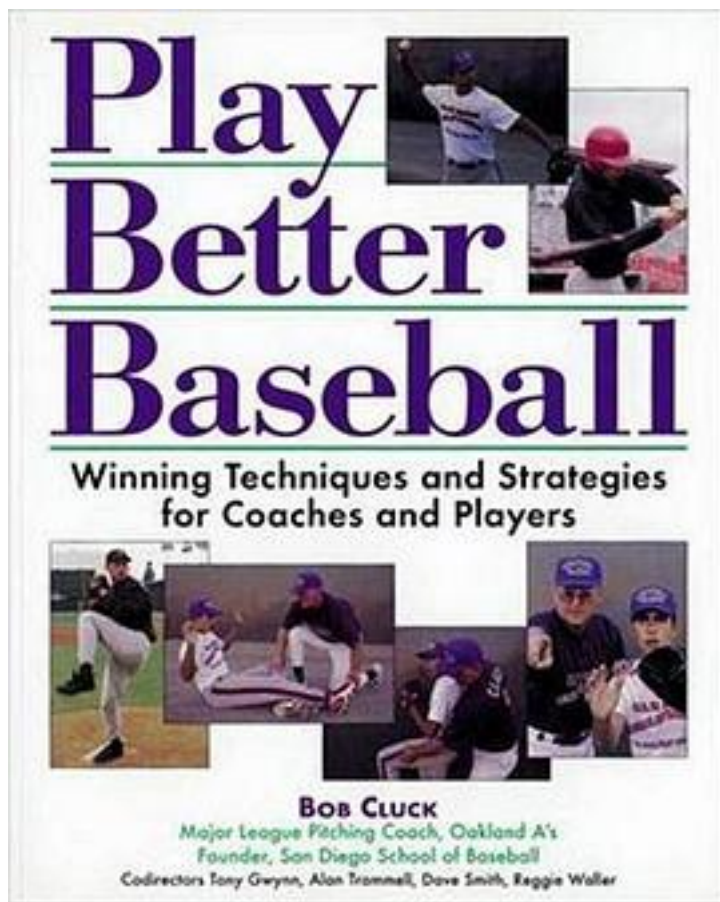


Play Better Baseball



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著者:Cluck, Bob

出版者:McGraw-Hill

出版时间:1998-4

装帧:Pap

isbn:9780809229215

This straightforward, easy-to-understand book helps prepare coaches and players to meet the challenges of tough competition. New revised, "Play Better Baseball" is the state-of-the-art source for baseball fundamentals and mechanics, illustrated with hundreds of photographs and accompanied by helpful new drills. Based on actual

team situations drawn from author Bob Cluck's 20-plus years of coaching, this reader-friendly handbook emphasizes the fundamentals that produce winning baseball teams and offers a wealth of advice on: coaching baseball at all levels; developing winning players; using videotape and high-speed film; using practice time efficiently; the psychology of coaching; pitching: the foundation of every team; pitching mechanics; the pitches: tools to get hitters out; setting up hitters: the game within a game; first-pitch strikes, from Little League to the Majors; playing the infield; using the right glove; throwing with strength and accuracy; the game situation and positioning; and, fielding mechanics for infielders; the catcher: team leader. It also offers advice on: the tag at home; blocking pitches in the dirt; pop-ups, bunts, and cutoffs; helping the pitcher get hitters out; playing the outfield; backing up plays; throwing from the outfield; balls hit in the gaps; outfield positioning; playing the sun; baserunning; the steal and the hit-and-run; effective and safe sliding techniques; running the bases; hitting; bats and grips; stances; stride and weight transfer; tracking the ball; bunting; situational hitting; the playbook; defensive assignments; infield pop flies; bunt defenses; the athletic machine; weight training for baseball players; and conditioning for baseball. Bob Cluck is a major league pitching coach and scout and the founder of the San Diego School of Baseball.

作者介绍:

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