

Softball



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Over 18,000 copies of the previous edition were sold worldwide. Part of the best-selling "Steps to Success" sports series, this book is aimed at beginner and intermediate softball players, as well as coaches of beginner and intermediate teams. It provides readers with progressive, detailed instruction on the individual skills and team tactics of the sport. Over 150 illustrations and diagrams clarify descriptions of how each technique and tactic should be performed. Multiple drills and a scoring system will help readers practice and develop their skills, tracking their progress until they become more proficient in all aspects of the game. The book covers every individual skill necessary to succeed at the game - catching, throwing, fielding, pitching, hitting and baserunning - before explaining the responsibilities of each position on the field.

作者介绍:

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