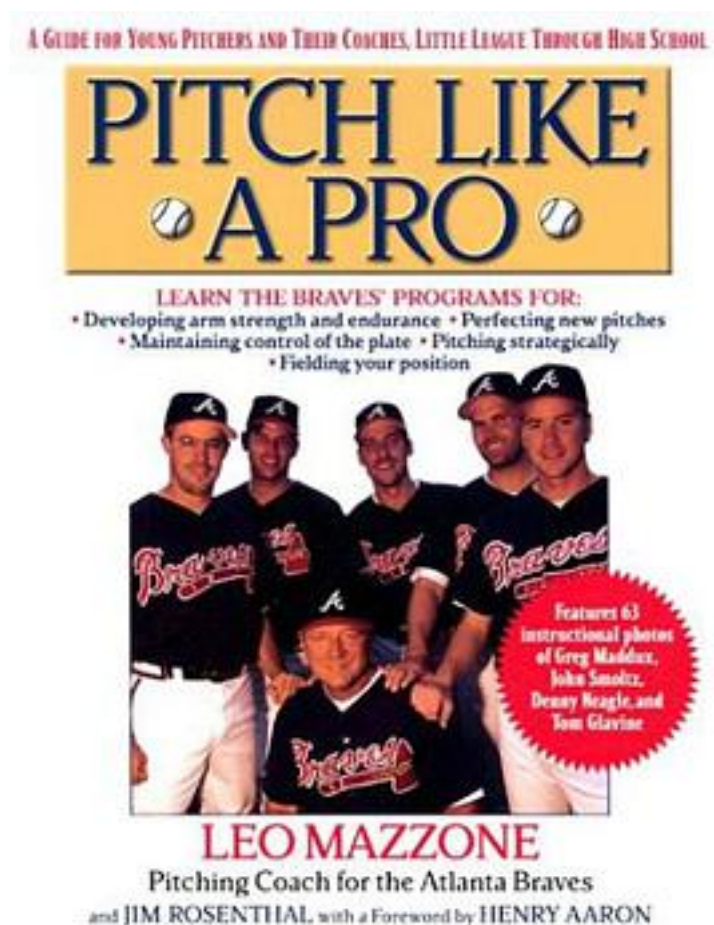


Pitch Like a Pro



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著者:Jim Rosenthal

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Leo Mazzone is pro baseball's premier pitching coach. In his years with the Atlanta Braves, he has trained several Cy Young Award winners and helped lead his team to the World Series. In Pitch like a Pro, Mazzone and coauthor Jim Rosenthal offer

step-by-step instructions for players and coaches in Little League through high school. They teach all of the pitching basics and give athletes advice on how they can use the right training techniques to grow stronger and stay healthier. Contents include: Mazzone's between-starts throwing program How to grip different pitches Proper mechanics and delivery technique Pitching strategies and tactics Field the position Pitch like a Pro offers contributions by such well known pitchers as Greg Maddux, Tom Glavine, John Smoltz, and Denny Neagle, along with black-and-white instructional photographs.

作者介绍:

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