

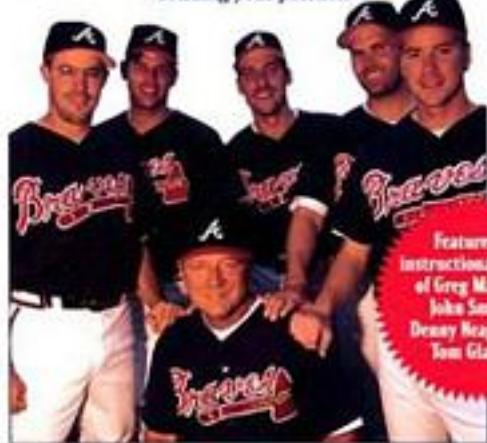
Pitch Like a Pro

A GUIDE FOR YOUNG PITCHERS AND THEIR COACHES, LITTLE LEAGUE THROUGH HIGH SCHOOL



LEARN THE BRAVES' PROGRAMS FOR:

- Developing arm strength and endurance
- Perfecting new pitches
- Maintaining control of the plate
- Pitching strategically
- Fielding your position



LEO MAZZONE

Pitching Coach for the Atlanta Braves
and JIM ROSENTHAL, with a Foreword by HENRY AARON

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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.

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目录:

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