

Coaching Fastpitch Softball Successfully 2nd

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The Publishers Weekly
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Girls' Softball
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Mary L. Littlewood
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field a winning fastpitch softball team year after year with the knowledge and insights of a coaching legend coaching fastpitch softball successfully provides the guidance and technical expertise you need in order to build and maintain a competitive team covering every facet of leading a squad on the field and developing a program off of it hall of fame coach kathy veroni who has won more than 1 250 fastpitch games in her career and pitching expert roanna brazier share their insights and experiences in this authoritative comprehensive guide to coaching fastpitch softball from developing a coaching philosophy and planning for

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a guide with over 150 drills for improving pitching fielding throwing ball control and conditioning

this volume reviews the distribution and determinants of injury frequency in olympic sports then suggests measures for injury prevention and directions for further research after an introduction the book is divided into parts dedicated to olympic summer sports olympic winter sports and paralympic sports recognized authorities write on their areas of expertise and detail for each sport injury characteristics injury severity and injury risk factors

includes extra sessions

this user friendly new edition is updated expanded and heavily illustrated divided into 11 section headings that cover the legal psychosocial and practical aspects of sports activities in general and the injuries and benefits resulting from specific sports sections include medical supervision of the athlete special populations conditioning environmental concerns protective equipment sports nutrition behavioral and psychological problems general medical problems overuse and trauma management approaches and techniques and specific sports

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