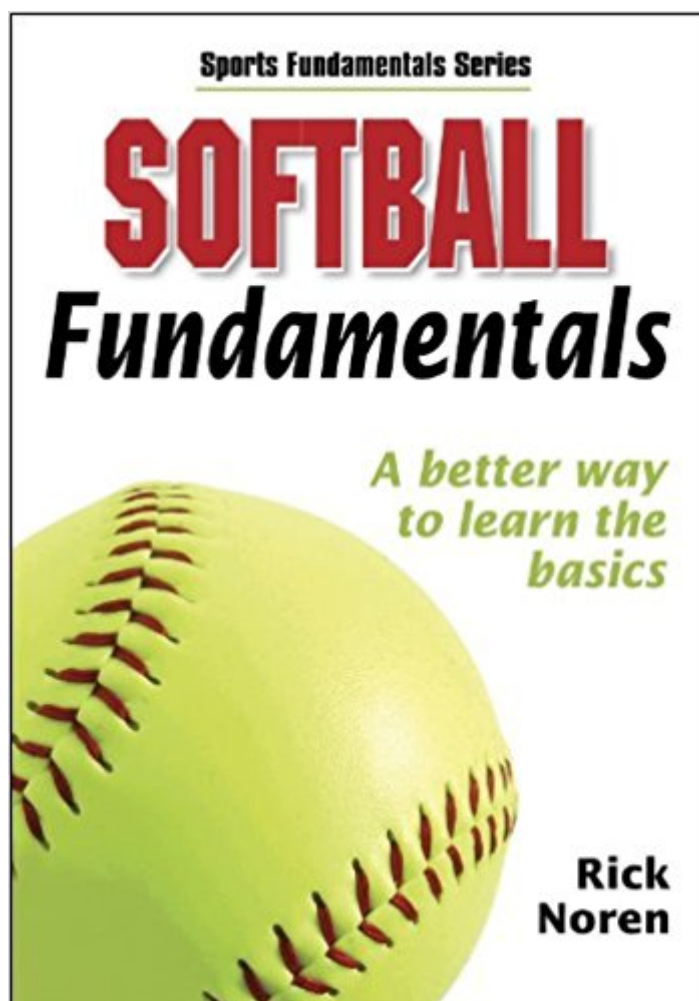




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Softball Fundamentals (Sports Fundamentals)



Synopsis

Take the field and play ball! Softball Fundamentals will have you pitching, fielding, hitting, and baserunning like an experienced player in no time at all. Learn to execute each of the game's key skills properly through the concise instruction and accompanying photos presented for each technique. More than 48 gamelike drills will speed your skill learning and improve your performance. You'll also learn how to apply your newfound skills in game situations and gain an understanding of offensive and defensive tactics to get an edge over your opponents. Softball Fundamentals is the best way to master the basics of the sport as you play. With this book, you'll make the right play from the very first day. See all the titles available in the Sports Fundamentals Series.

Book Information

Series: Sports Fundamentals

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Customer Reviews

This product was authored by Human Kinetics based on the contributions of: Rick Noren has compiled an outstanding 320-79 (.802) record in his 10 seasons as the Pacific Lutheran University fastpitch head coach. The Lutes have won eight conference titles, finished in the top five in the country three times, and led the nation in winning percentage twice during Noren's tenure. Additionally, Noren teaches several activity classes at PLU as well as a softball and baseball theory class for coaching students. Every year he conducts clinics for softball coaches and players throughout the Pacific Northwest. Noren earned his bachelor's degree in exercise science from Western Washington University and his master's degree in athletic administration from Pacific

Lutheran University. Rick's wife, Leanne, is the PLU pitching coach. The Norens and their children, Kyle, Joel, and Leah, live in Tacoma, Washington.

I expected more from this book. It skims the surface of softball fundamentals. It is good enough however I believe it could have gone more in depth.

I was looking for more information that I was hoping would be in this book but it does have a lot of good information for first time coaches like myself

This book gives you all the ins and outs on drills, fielding, catching and batting tips you need to be successful at softball.

I found this book helpful and instructive, but there is a real limit as to how much a book can show you what to do.

Softball Fundamentals: A Better Way To Learn The Basics truly lives up to its title as softball expert Rick Noren takes the reader all facets of this popular team sport. The twelve "reader friendly" chapters comprising Softball Fundamentals include: Throwing; Catching; Fielding Fly Balls; Fielding Ground Balls; Playing Catcher; Pitching; Hitting; Bunting and Slap Hitting; Baserunning; Sliding; Offensive Tactics; and Defensive Tactics. Enhanced with more than 48 gameline drills specifically designed to speed up skill learning and improve performance, Softball Fundamentals should be on the instructional reference shelves of every school and community library Sports collection -- and read by novice softball players of all ages and both genders.

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