

THE SOFTBALL COACHING BIBLE

VOLUME I



National Fastpitch Coaches Association

Softball Coaching Bible

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Softball Coaching Bible:

The Softball Coaching Bible ,2002 Offers advice on coaching softball from twenty eight top coaches covering priorities and principles program building practice sessions team strategies player motivation and other topics **The Softball Coaching Bible Volume I** National Fastpitch Coaches Association,2002-02-07 Now for the first time in the sport of fastpitch softball you can learn from successful coaches and apply their approaches to your own program In The Softball Coaching Bible 28 of the top U S coaches share their principles insights strategies methods and experiences to help you enhance the experience and development of your own athletes Developed in cooperation with the National Fastpitch Coaches Association NFCA The Softball Coaching Bible was written by the greatest assembly of college and high school softball coaches ever The text provides the finer points of coaching softball presented in an engaging manner that makes the contents easy to apply to your own ball club The topics range from teaching the best skills and drills to subjects rarely written about such as developing responsible athletes and building character and loyalty in players Find out how Mike Candrea develops productive hitters at the University of Arizona and follow the advice of Fresno State University s Margie Wright for competing in tournaments and playoffs This landmark work covers all the bases from recruiting players to attracting fans The Softball Coaching Bible also contains information on professional development moving through the coaching ranks making use of other coaches and professional organizations avoiding coaching burnout and attending and running camps and clinics Chapter after chapter this book provides the game plan for building a winning program The Softball Coaching Bible is filled with insights and expert advice to help you learn and grow Soak it up enjoy the stories and discover the wisdom of the sport s finest mentors ContentsIntroduction Learning From the Best by Jacquie JosephPart I Coaching Priorities and Principles Chapter 1 Sharing a Love for the Game Dianne Baker Chapter 2 Making Softball Fun Margo Jonker Chapter 3 Competing With Class Carol Bruggeman Chapter 4 Out Hustling Your Opponent Teresa Wilson Chapter 5 Coaching With Integrity Marge Willadsen Part II Program Building and Management Chapter 6 Organizing and Orchestrating a Winning Program Joanne Graf Chapter 7 Mentoring Within Your Staff Gayle Blevins Chapter 8 Building a Recruiting Network Brian Kolze Chapter 9 Marketing and Promoting Your Program Yvette Girouard Chapter 10 Establishing a Successful High School Program Denny Throneburg Part III Creative and Effective Practice Sessions Chapter 11 Organizing Indoor and Outdoor Practices Bill Edwards Chapter 12 Conducting Innovative Practices Deb Pallozzi Chapter 13 Using Practice Drills Effectively Betty Hoff and Jacki Wright Part IV Individual Skills and Team Strategies Chapter 14 Developing Productive Hitters Mike Candrea Chapter 15 Manufacturing Runs Jay Miller Chapter 16 Producing Elite Pitchers Cheri K Kempf Chapter 17 Charging Up the Battery Lori Sippel Chapter 18 Playing Situational Defense Linda Wells Chapter 19 Competing in Tournaments and Playoffs Margie Wright Part V Player Motivation and Leadership Chapter 20 Winning the Mental Game Jeff Janssen Chapter 21 Building Team Chemistry Rhonda Revelle Chapter 22 Developing Responsible Athletes Elaine Sortino Chapter 23 Building

Loyalty and Tradition in Players Carol Hutchins Chapter 24 Inspiring Today's Players Mona Stevens Part VI Off the Field Opportunities Challenges and Pressures Chapter 25 Learning and Developing As a Professional Rayla J Allison Chapter 26 Conducting Camps and Clinics Judi Garman Chapter 27 Beating the Burnout Factor Sharon J Drysdale and Karren J Drysdale

The Softball Coaching Bible Volume II National Fastpitch Coaches Association, 2013-11-19 For more than a decade coaches have relied on one classic resource for their every coaching need Featuring the advice wisdom and insights from the sport's legendary coaches The Softball Coaching Bible Volume I has become the essential guide for coaches at every level worldwide The Softball Coaching Bible Volume II picks up where the first volume left off providing more instruction guidance recommendations and expertise for every aspect of the sport The NFCA has put together another stellar lineup of coaches who share the guidance that helped them establish such well respected softball programs Patty Gasso Jeanne Tostenson Scarpello Chris Bellotto George Wares Kris Herman Bob Ligouri Karen Weekly Elaine Sortino Frank Griffin Bonnie Tholl Michelle Venturella Beth Torina Jenny Allard Ehren Earleywine Erica Beach Stacey Nuveman John Tschida Teena Murray Donna Papa Carol Bruggeman Kyla Holas Kelly Inouye Perez Sandy Montgomery Rachel Lawson Kristi Bredbenner Deanna Gumpf It's all here developing players building a winning program assessing and refining essential skills and techniques and incorporating the most effective strategies for any opponent or in game situation If you coach the sport and want a competitive edge in today's game The Softball Coaches Bible Volume II is the must have resource for every season

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assembled a stellar lineup of coaches who share the insights that have helped them establish successful programs This book presents the most comprehensive information on fielding hitting training forming a coaching staff and helping develop well rounded student athletes

The Volleyball Coaching Bible Donald S. Shondell, Cecile Reynaud, 2002

The Softball Drill Book Kirk Walker, 2007-04-30 Packed with 175 drills straight from the practice sessions of the game's most successful programs The Softball Drill Book will add variety to your practices and precision to your game day performances The comprehensive collection covers every aspect of the game From warm up to conditioning throwing to hitting bunting to base running you'll find drills to improve position skill and team execution all from college coaches and programs that have won 13 NCAA Women's College World Series titles and dozens of NCAA regional tournament titles Contributors include Louie Berndt Florida State Carol Bruggeman Louisville Yvette Girouard Louisiana State Michelle Gromacki Cal State Fullerton Deanna Gumpf Notre Dame Carol Hutchins Michigan Kelly Inouye Perez UCLA Jay Miller Mississippi State Jennifer Ogee Nebraska Kim Sowder Long Beach State Heather Tarr Washington Michelle Venturella Iowa Kirk Walker Oregon State Margie Wright Fresno State One look at the names above and it is clear The Softball Drill Book is your blueprint for championship practices

Practice Perfect Softball National Fastpitch Coaches Association (NFCA), 2016-05-27 Add Practice Perfect Softball to your dugout and begin your journey to a championship season The National Fastpitch Coaches Association NFCA has put together an all star lineup of coaches including Connie Clark Jo Evans Rachel Lawson Ken Eriksen Donna Papa Julie Lenhart Lonni Alameda Dot Richardson and Beverly Smith

An Insider's Guide to Softball Adam Hofstetter, Jayne Baker, 2014-07-15 Although often confused with its sister sport baseball softball has crept its way into the mainstream and earned a substantial following of its own both in the United States and abroad From Little League to company teams to professional games softball inspires both friendly and serious competition Examining the history and rules of softball and offering tips on strategy and technique this volume invites players of all skill levels to take a closer look at the game that has enthralled individuals of all ages and backgrounds

The Baseball Coaching Bible Jerry Kindall, John Winkin, 2000 Presents a comprehensive guide to coaching baseball with contributions from twenty seven coaches who share their secrets to winning and offers advice on building and managing a program practice sessions team strategies player motivation and leadership and making baseball fun

Softball Adam Hofstetter, 2007-01-15 Offers an introduction to the history techniques equipment and rules of softball

Winning Softball for Girls Facts On File, Incorporated, 2009 Reviews rules recommends conditioning exercises discusses positions and explains offensive and defensive strategies

Focused for Fastpitch Gloria Solomon, Andrea Becker, 2004 Annotation Focused for Fastpitch combines the best qualities of a drill book and a softball specific guide to sport psychology ensuring that come game time everyone will play at peak performance Informative yet easy to read mastering the Focused for Fastpitch training principles requires no prior experience and each chapter includes interactive exercises and charts to help monitor progress Each drill clearly specifies the mental and physical

skills targeted the goal proper execution coaching tips and variations for increasing or decreasing difficulty And for additional insight into successful skill building some favorite drills are included from these top coaches Gayle Blevins University of Iowa Tami Brown All American Softball School s College Prep Program Connie Clark University of Texas Michelle Gromacki California State University Fullerton Jacquie Joseph Michigan State University Brian Kolze University of the Pacific Patrick Murphy University of Alabama Coaching staff University of California Davis John Reeves University of California Kathy Strahan California State University Sacramento Integrating concentration confidence mental imagery and energy regulation at practice with softball specific drills will result in players reaching their potential far sooner than practicing any of these aspects alone Applying the information in Focused for Fastpitch is the best way to gain the advantage

The Swim Coaching Bible Volume II Dick Hannula, Nort Thornton, 2012-04-09 For more than a decade top coaches have turned to one resource time and time again Collecting the wisdom insights and advice from the sport s legendary instructors The Swim Coaching Bible immediately established its place in the libraries of swim coaches around the globe Coaches it s time to make room alongside that classic for a new resource The Swim Coaching Bible Volume II picks up where the original left off providing more instruction guidance and expertise on every aspect of the sport Inside you ll learn the secrets strategies and philosophies of 27 of today s most successful coaches including these legendary leaders Jack Bauerle George Block Mike Bottom Bob Bowman Sid Cassidy John Urbanchek Bill Rose Vern Gambetta David Durden Brett Hawke Gregg Troy John Leonard Dick Shoulberg David Marsh Teri McKeever Bill Sweetenham From developing swimmers to building a winning program teaching the nuances and refining stroke techniques to applying the latest research to training and conditioning programs it s all here Endorsed by the World Swimming Coaches Association this new collection is another landmark work in competitive swimming If you coach the sport or want a competitive edge The Swim Coaching Bible Volume II is a must own

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Table of Contents Softball Coaching Bible

1. Understanding the eBook Softball Coaching Bible
 - The Rise of Digital Reading Softball Coaching Bible
 - Advantages of eBooks Over Traditional Books
2. Identifying Softball Coaching Bible
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Softball Coaching Bible
 - User-Friendly Interface
4. Exploring eBook Recommendations from Softball Coaching Bible
 - Personalized Recommendations
 - Softball Coaching Bible User Reviews and Ratings
 - Softball Coaching Bible and Bestseller Lists

5. Accessing Softball Coaching Bible Free and Paid eBooks
 - Softball Coaching Bible Public Domain eBooks
 - Softball Coaching Bible eBook Subscription Services
 - Softball Coaching Bible Budget-Friendly Options
6. Navigating Softball Coaching Bible eBook Formats
 - ePub, PDF, MOBI, and More
 - Softball Coaching Bible Compatibility with Devices
 - Softball Coaching Bible Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Softball Coaching Bible
 - Highlighting and Note-Taking Softball Coaching Bible
 - Interactive Elements Softball Coaching Bible
8. Staying Engaged with Softball Coaching Bible
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Softball Coaching Bible
9. Balancing eBooks and Physical Books Softball Coaching Bible
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Softball Coaching Bible
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Softball Coaching Bible
 - Setting Reading Goals Softball Coaching Bible
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Softball Coaching Bible
 - Fact-Checking eBook Content of Softball Coaching Bible
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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