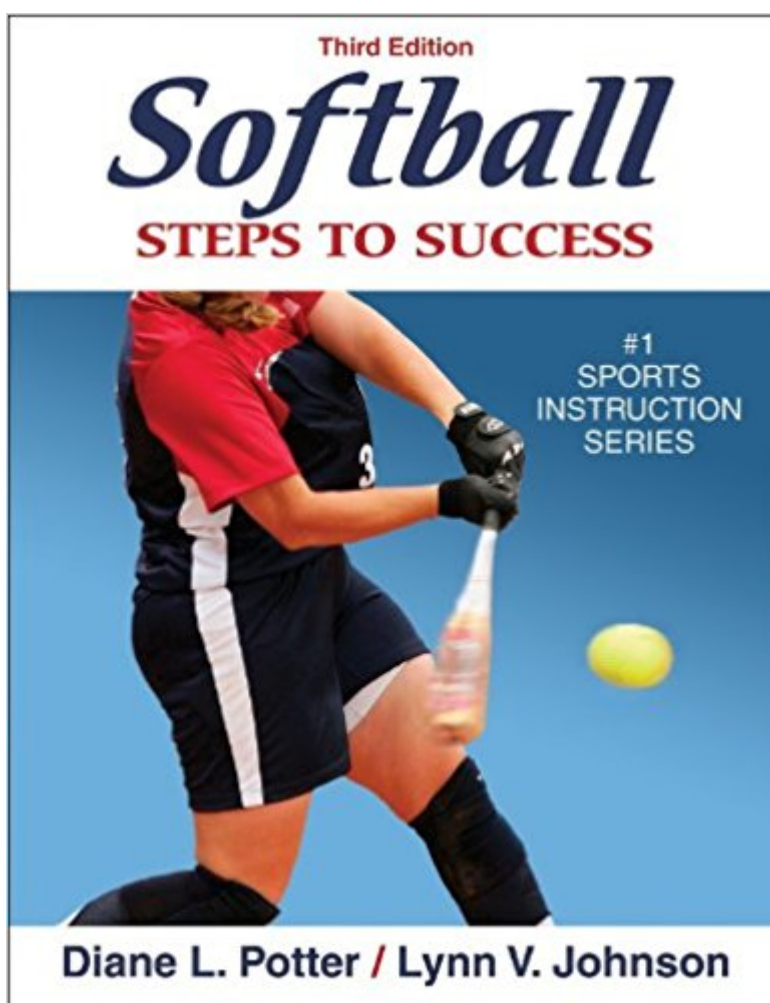


The book was found

Softball: Steps To Success, Third Edition (Steps To Success Sports Series)



Synopsis

Improve your play at the plate, on the base paths, and in the field by mastering the essentials of the game. Softball: Steps to Success offers a comprehensive, progressive approach that combines in-depth instruction, crisp illustrations, and 127 drills. Any player can become fundamentally sound and be ready to take the field. You'll find detailed instruction on every individual skill necessary for success in the game: catching, throwing, fielding, pitching, hitting, and baserunning. This updated edition also includes these features:

- Responsibilities of each position on the field and every batter in the lineup
- Offensive and defensive tactics for specific game situations
- Emphasis on the short game, covering five types of bunts and the running slap hit
- An expanded section on pitching that includes seven types of pitches for modified-pitch, slow-pitch, and fastpitch games
- Skill-development drills with assessment scoring systems to gauge progress along the way

Hits, runs, putouts, and double plays are at your fingertips. With Softball: Steps to Success, part of the popular Steps to Success Series that has sold more than 1.5 million copies, your performance on the diamond will shine.

Book Information

Paperback: 224 pages

Publisher: Human Kinetics; 3 edition (January 31, 2007)

Language: English

ISBN-10: 0736059539

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Product Dimensions: 8.5 x 0.5 x 11 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 5 customer reviews

Best Sellers Rank: #136,415 in Books (See Top 100 in Books) #7 in Books > Sports &

Outdoors > Softball #310 in Books > Medical Books > Allied Health Professions > Physical Therapy

Customer Reviews

"Softball: Steps to Success "is an exceptional resource for teaching the fundamental skills of softball, whether in a physical education class setting or in a more competitive environment. The authors provide a comprehensive breakdown of each skill and tactic, drills for improving execution, and final challenges to augment development. It's a must-have resource for the softball enthusiast!"

BJ Ferguson
Head Softball Coach, University of Delaware
Associate Professor

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AAAAA+++++, great skills inside this book. Kind of confusing to understand at times because you have to read through all the practice drills to get the answers your looking for, but i bought for a good price for being almost brand new.

AWESOME

Niece

Very good as expected

The authors have done a wonderful job of breaking down the various skills, from beginning to advanced, required to develop or improve your game. Each of the various skills is explained in detail (and illustrated!) and supported with drills of increasing difficulty. This book is an excellent resource, both for the player desiring to improve their skills and the coach looking for useful practice techniques. I highly recommend it!

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