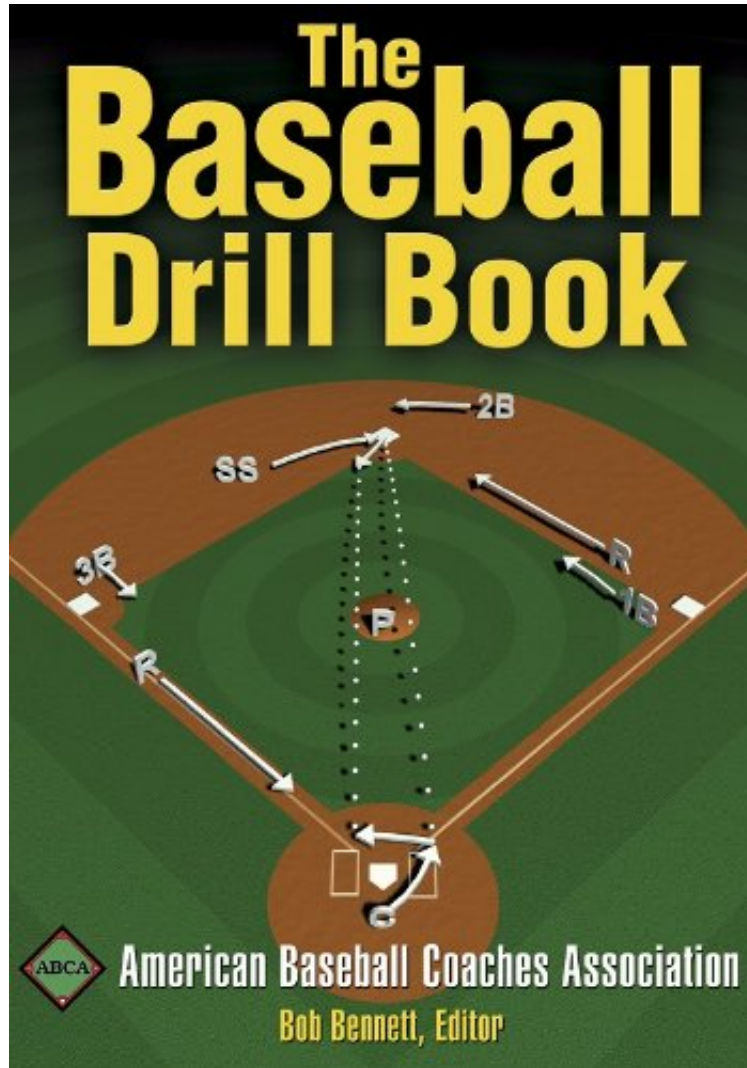


(Free pdf) The Baseball Drill Book (The Drill Book Series)

The Baseball Drill Book (The Drill Book Series)

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#36613 in Books Bennett, Bob (EDT)/ American Baseball Coaches Association (COR) 2003-11-26Original language:EnglishPDF # 1 10.00 x 7.25 x .751, 1.46 #File Name: 0736050833320 pagesBaseball Drill BookAmerican Baseball Coaches AssociationISBN: 0736050833Printed in the United States of America 10 9 8 7 6 5 4 3 2 1 | File size: 52.Mb

American Baseball Coaches Association : The Baseball Drill Book (The Drill Book Series) before purchasing it in order to gage whether or not it would be worth my time, and all praised The Baseball Drill Book (The Drill Book Series):

4 of 4 people found the following review helpful. Great Baseball Drill BookBy Ryan AndersonI ordered this book a while a go and just getting to the review. This is a great book for coaches at any age, or any skill level! I coach little league ages 10 - 12 and found many of the drills in this book work well with the boys I coach. Many of the drills are

for high school and college age players but with the right walk-through and demonstration, the younger boys get it, so the drills work well. I love the explanation each drill has - from set up to walking through the drill to different variations of the drill. There are drills for warming up, for base running, for pitchers, infield and outfield. There are also a few drills that can be used indoors (in a gym or other indoor baseball facility) on those rainy practice days. We get many of those days here in Washington, so I've found a way to work them in to practices. I have also found that with the younger players, some of the indoor drills make sense outdoors because they are less complicated. Anyway... great book for coaches looking for some new drills to run with their players at different skill levels. 15 of 15 people found the following review helpful. TONS of Good Drills By JustMeAll drills not for all ages, but you can definitely find many drills for any age group in this book, well worth the money I paid on . I've recently purchased several youth baseball coaching books and though I like the Ripken ones a bit more overall, I'm glad I got this one too. Not every strategy, drill or style is for everyone, it's good to get a wide range to choose from. There are TONS of drills in this book, good explanations, easy to run, if it's not exactly what you think would fit your team you can probably make small adjustments to make it work. I've coached youth baseball for 8 years, used books and websites for aids, still plenty of news ideas for me in this book. 0 of 0 people found the following review helpful. Great drill book By randy21m Great for beginning and seasoned coaches alike. Lots of great examples for drills to perform, and lots of information on how to be successful as a coach. If you're here searching for stuff to help you start out, or help you up your practice a notch with additional drills, this book will be a great addition.

Seventeen of the game's top collegiate coaches have teamed up with the American Baseball Coaches Association (ABCA) to bring you the game's most comprehensive assortment of practice activities. The Baseball Drill Book features 198 drills proven to improve individual and team performance. Former Fresno State coach Bob Bennett, Ripon College's Gordie Gillespie, Lewis-Clark State's Ed Cheff, Wichita State's Gene Stephenson, and South Carolina's Ray Tanner are among the greats who present their best practice drills and insights for improving these skills: -Conditioning and warm-up -Throwing and catching -Base running and sliding -Hitting and bunting -Pitching -Fielding -Offensive and defensive tactics Each drill follows a concise format. First, the primary skill or tactic to be enhanced is identified, then procedure and setup details are provided. Illustrations for proper technique are also included, followed by coaching insight to help you sharpen players' understanding of the game's finer points. Glean tactical advice such as how to get a teammate home from third when a key run is needed and how to "sit on" certain pitches while at the plate. Drill modifications are included so that each drill can be modified to fit specific needs. Additional chapters explain how to effectively and efficiently incorporate drills in practice sessions and to simulate game situations. In all, The Baseball Drill Book provides the essential link between initial skill learning and winning performance on the diamond.

"From Scholastic Coach Athletic Director" "Seventeen of the game's top collegiate coaches have teamed up with the ABCA to pen a comprehensive assortment of practice activities." "From Scholastic Coach Athletic Director" "Seventeen of the game's top collegiate coaches have teamed up with the ABCA to pen a comprehensive assortment of practice activities." About the Author The American Baseball Coaches Association (ABCA) is the largest baseball coaching organization in the world and includes coaches from every U.S. state and hundreds of international members. The association's mission is to improve the level of baseball coaching worldwide. The ABCA assists in the promotion of baseball and acts as a sounding board and advocate on issues concerning the game. In addition, the ABCA promotes camaraderie and communication among all baseball coaches, from the amateur to professional levels. The ABCA also gives recognition to deserving players and coaches through several special sponsorship programs. It is an organization that has grown steadily in membership, prestige, and impact in recent years. The ABCA's headquarters is located in Mount Pleasant, Michigan.