



# Softball Skills & Drills - 2nd Edition

*Judi Garman, Michelle Gromacki*

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Looking for the ultimate book to help you learn and master softball's essential skills? Look no further than the guide that has helped develop the game's top players and most successful teams. This new edition of *Softball Skills & Drills* is completely updated with more skills, more drills and strategies, and more of the stellar instruction that have made it the top-selling title on the sport.

Judi Garman, one of the winningest coaches in NCAA history, teams with Cal State Fullerton's Michelle Gromacki to share their secrets to developing and mastering every aspect of the game.

With step-by-step instruction, full-color photo sequences, technique tips, and unique insight into the game, you'll learn every fundamental skill:

- Hitting
- Bunting
- Slap Hitting
- Baserunning
- Sliding
- Fielding
- Throwing
- Pitching
- Catching

And with over 230 of the game's best drills, coverage of team offense and defense, pitch selection, pitch recognition, and in-game strategies, *Softball Skills and Drills* is simply the most comprehensive and practical guide on the sport.

Whether striving to become a complete player or preparing your team for another championship run, *Softball Skills & Drills* is the one book you cannot be without.

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Playing with family in the park, coming to see the coastal world or hanging out with friends is thing that usually you have done when you have spare time, after that why you don't try issue that really opposite from that. One particular activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition info. Even you love Softball Skills & Drills - 2nd Edition, it is possible to enjoy both. It is great combination right, you still desire to miss it? What kind of hang-out type is it? Oh come on its mind hangout people. What? Still don't understand it, oh come on its referred to as reading friends.

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