

# The Softball Coaching Bible Volume I The Coaching

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## MATHEWS HERRING

*Coach Wooden's Pyramid of Success* Human Kinetics

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 Urbancheck • 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.

*Coaching Fastpitch Softball Successfully* Human Kinetics

A guide for parents and baseball coaches that offers instructions on teaching players how to hit a baseball; includes information on selecting a bat, using the right pitch, avoiding the ten most common mistakes, and learning how to work with a team.

*Water Learning* Harper Collins

Going far beyond standard pull-ups, push-ups, and squats, *Bodyweight Strength Training Anatomy* presents 156 unique exercises that work every muscle in the body. Detailed anatomical artwork accompanies step-by-step instructions for performing each exercise anytime, anywhere, without the need for equipment or machines.

*1987 OUTSTANDING YOUNG MEN OF AMERICA* Human Kinetics

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.

**The Softball Coaching Bible** Human Kinetics

For almost forty years, Dean Smith coached the University of North Carolina basketball team with unsurpassed success, having an impact both on the court and in the lives of countless young men. In *A Coach's Life*, he looks back on the great games, teams, players, strategies, and rivalries that defined his career and, in a new final chapter, discusses his retirement from the game. The fundamentals of good basketball are the fundamentals of character—passion, discipline, focus, selflessness, and responsibility—and superlative mentor and coach Dean Smith imparts them all with equal authority.

*Finished It* ESPN

NEW YORK TIMES BESTSELLER • The NBA according to *The Sports Guy*—now updated with fresh takes on LeBron, the Celtics, and more! Foreword by Malcom Gladwell • “The work of a true fan . . . it might just represent the next phase of sports commentary.”—*The Atlantic* Bill Simmons, the wildly opinionated and thoroughly entertaining basketball addict known to millions as ESPN's *The Sports Guy*, has written the definitive book on the past, present, and future of the NBA. From the age-old question of who actually won the rivalry between Bill Russell and Wilt Chamberlain to the one about which team was truly the best of all time, Simmons opens—and then closes, once and for all—every major pro basketball debate. Then he takes it further by completely reevaluating not only how NBA Hall of Fame inductees should be chosen but how the institution must be reshaped from the ground up, the result being the Pyramid: Simmons's one-of-a-kind five-level shrine to the ninety-six greatest

players in the history of pro basketball. And ultimately he takes fans to the heart of it all, as he uses a conversation with one NBA great to uncover that coveted thing: The Secret of Basketball. Comprehensive, authoritative, controversial, hilarious, and impossible to put down (even for Celtic-haters), *The Book of Basketball* offers every hardwood fan a courtside seat beside the game's finest, funniest, and fiercest chronicler.

*Coaching the Mental Game* Human Kinetics

Finished It unlocks the Alabama Softball story in a transparent and powerful way. Her stories are woven together creating the sensation you are living and learning what makes Alabama Softball special. This book shares how Coach Patrick Murphy, Coach Aly Habetz and staff have cornered the market on RELEVANT leadership. Unwavering values that withstand the test of time in an ever changing society. Her book pulls back the curtain on one of NCAA Softball's greatest collegiate programs. Sue Enquist Former UCLA Softball Coach-27 yrs. 11-Time National Champion 5-Time Hall of Fame "Been around this amazing game for awhile, and few have ever taken us inside the true emotion, process, preparation and understanding of what it takes to win on the biggest stage. Cassie does this so uniquely, you will find yourself applying to your own life the creative ways this special group was able to succeed both as an underdog in THE championship moment and as a difference maker in life." Jessica Mendoza ESPN Analyst and Reporter, Olympic Silver and Gold Medalist Finished It shows us there is more to winning a national championship than meets the eye the day that trophy is hoisted. Discovering the details of raw emotion and effort that goes into winning a national championship is nothing short of motivational. You can see the Alabama Softball program has developed a formula for not only winning games, but the effort it takes to develop a healthy, inspiring lockerroom from day one of a season. Any athlete, any person would be able to relate to the dedication, creativity, passion and belief in each other this team had from the get-go of their magical season. Amanda Scarborough 2-Time All-American ESPN College Softball Analyst "Although little can prepare you for adversity, this book will show you that when you have twenty hearts beating as one, nothing can stop you." Jaclyn Traina 4-Time All-American Team USA Softball Member

*The Volleyball Coaching Bible* Taylor Trade Publications

How to Coach Girls provides the most comprehensive guide available to the many issues associated with coaching girls, teams across the spectrum of sports. Volunteer parents and experienced coaches alike will find invaluable advice on the process of making a successful team, encouraging girls to stay in sports beyond the middle school years

**The Softball Coaching Bible, Volume II** Human Kinetics

A practical guide to volleyball that offers insight into the best coaching and performance techniques to help players improve their skills and teamwork.

*The Softball Drill Book* Human Kinetics

Bridgewater's own Duke Baxter and Steve Nikorak have joined forces to tackle one of the most daunting tasks of parenthood, taking on the title of Coach. Every parent that has stepped up and accepted the responsibility to coach their child's youth baseball team has felt that warm sense of pride and excitement, soon to be replaced by sheer terror. What am I going to do with a bunch of 7-year olds! This book is for every parent that has taken on the title of Coach but didn't have a clue

what to do next. Duke Baxter, former professional baseball player and CEO of Zoned Sports Academy and Steve Nikorak, former professional baseball player and Coach at Zoned Sports Academy share their coaching wisdom in a simple 5-step guide for even the most reluctant of sports parents. This book covers everything from how to run a practice appropriate for the age group to fun drills that will keep all players engaged to what is a baseball knee and how should I use it. Each of the 5-steps also shares key Diamondisms, from the Dominate the Diamond secrets to success. These unique insights, little nuggets are the grit that makes the difference in making a successful coach.

*High-Scoring Softball* Human Kinetics

Whoever claims winning isn't everything obviously has not spoken with an athletic coach. *Coaching the Mental Game* offers coaches of all sports a definitive volume for effectively understanding an athlete's mental awareness, which in turn will help drive success. Author H.A. Dorfman details appropriate coaching strategies aimed at perfecting the player's mental approach to performance. *Coaching the Mental Game* will become the Bible for coaches who strive to make their athletes the most complete performers possible. Not only a wonderful asset to athletic coaches, this book will also prove to be a motivational resource for workers in all industries as well as in the game of life.

*Heads-Up Baseball* ReadHowYouWant.com

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* Human Kinetics

The *Football Coaching Bible* features many of the game's most successful coaches. Each shares the special insight, advice, and strategies they've used to field championship-winning teams season after season.

*The Softball Coaching Bible* Human Kinetics

"This book provides practical strategies for developing the mental skills which help speed you to your full potential."---Dave Winfield What does it mean to play heads-up baseball? A heads-up player has confidence in his ability, keeps control in pressure situations, and focuses on one pitch at a time. His mental skills enable him to play consistently at or near his best despite the adversity baseball presents each day. "My ability to fully focus on what I had to do on a daily basis was what made me the successful player I was. Sure I had some natural ability, but that only gets you so far. I think I learned how to focus; it wasn't something that I was necessarily born with." -- Hank Aaron

"Developing and refining my mental game has played a critical role in my success in baseball. For years players have had to develop these skills on their own. This book provides practical strategies for developing the mental skills that will help speed you toward your full potential." -- Dave Winfield

**The Swim Coaching Bible** Oceanview Publishing

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 Nuvevan 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.

*The Softball Coaching Bible, Volume II* McGraw-Hill Education

Football is fun--let's play! Find all the basics in this lively guide. The markings on a football field What football players wear The positions, from quarterback to wide receiver The excitement of the kickoff The thrill of scoring a touchdown All these and more are included with a useful glossary at the end.

**A Coach's Life** Rowman & Littlefield

In this book, authors H.A. Dorfman and Karl Kuehl present their practical and proven strategy for developing the mental skills needed to achieve peak performance at every level of the game.

*Treachery Times Two* Random House Trade Paperbacks

Field a winning fastpitch softball team year after year with the knowledge and insights of a coaching legend! *Coaching Fastpitch Softball Successfully* provides the guidance and technical expertise you need in order to build and maintain a competitive team, covering every facet of leading a squad on the field and developing a program off of it. Hall of Fame coach Kathy Veroni, who has won more than 1,250 fastpitch games in her career, and pitching expert Roanna Brazier share their insights and experiences in this authoritative, comprehensive guide to coaching fastpitch softball. From developing a coaching philosophy and planning for the season to teaching the skills and tactics of the game, you will find proven formulas for success within these pages. With practice and

conditioning plans, administrative forms, sample scouting charts, tactics for dozens of game situations, and more than 130 drills, *Coaching Fastpitch Softball Successfully* is the most complete resource available for aspiring and experienced coaches alike. Take advantage of the authors' expertise to gain a winning edge over your competition.

*The Baseball Drill Book* Human Kinetics

Includes, beginning Sept. 15, 1954 (and on the 15th of each month, Sept.-May) a special section: School library journal, ISSN 0000-0035, (called Junior libraries, 1954-May 1961). Also issued separately.

*Science of Hitting* Human Kinetics

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. Contents Part I Training Drills Chapter 1. Warming Up Carol Bruggeman Chapter 2. Conditioning Michelle Venturella Part II Fundamental Skills Drills Chapter 3. Catching Deanna Gumpf Chapter 4. Throwing Louie Berndt Chapter 5. Base Running Jay Miller Chapter 6. Hitting Jennifer Ogee Chapter 7. Bunting Michelle Gromacki Chapter 8. Slap Hitting Heather Tarr Part III Position-Specific Drills Chapter 9. Infielders Kim Sowder Chapter 10. Outfielders Margie Wright Chapter 11. Pitcher Kirk Walker Chapter 12. Catcher Kelly Inouye-Perez Part IV Tactical Drills Chapter 13. Team Offense Carol Hutchins Chapter 14. Team Defense Yvette Girouard