



Philly Flash Fast Pitch Softball Tryouts 2014

KJ Lindholm-Leary



Philly Flash Fast Pitch Softball Tryouts 2014:

Fast Pitch Softball Pitching Made Easy Claude Deschamps, Dave Pearce, Sandy Clubb, Softball Canada, 1980

What's the Count? Tom Dodd, 2017-07-10 In any competition an athlete is looking for an edge An advantage on the opponent that will increase the chances of winning Having an advantage does not guarantee a victory but having it supplies a benefit that will put the athlete in a favorable position to succeed How then do you get an advantage on your opponent in the game of fastpitch softball Since fastpitch softball is primarily a series of individual battles between the pitcher and the batter a victory in these battles is the key to an individual s success at the game It is also typically the key to a team s success because the outcome of any game is usually determined by who wins most of these battles What s the Count gives you a plan to consistently gain an advantage in these battles This book is about having an advantage knowing what it is and then making the most of it It provides a mental map for you to succeed in softball much like a road map provides you with a way to succeed in finding an unknown destination Without a map guide or plan you can easily get lost whether it s on the road or in a softball competition If you are a pitcher the mental plan in this book shows you how to keep and increase the advantage you start with at the beginning of every at bat If you are a batter it shows you what is required for you to take the advantage away from the pitcher and have it yourself When followed these plans will help steer you to success in the one on one pitcher batter battles To allow you to visualize the mental plans in action and to understand the thinking process that takes place I have included a story based on an actual real game situation at the end of each chapter These stories are shaded with a gray background The stories are re created from memory and I have rendered them to the best of my ability In some cases names and personal information have been changed or omitted to preserve anonymity With each story you should note three important things First and foremost the thought process that takes place in each situation Second how command of the pitch provides an advantage to the pitcher And third how aggressipline provides an advantage to the batter The mental plans explained in What s the Count are time tested and proven to work I used them myself and became an NCAA National Championship pitcher at UC Irvine I used them with my daughters and they both became ALL CIF pitchers in high school I used them with my travel teams to win two ASA Class A National Championships and I used them with two different high school teams to win CIF Titles It is now my privilege to share them with you These plans will work for anyone and will help average talented players compete with players of superior talent Knowing these plans are a part of becoming a self made player A self made player is one who works hard to master the skills techniques and discipline necessary to become good rather than rely solely on her athletic ability How do I know these plans will work for you and help turn you into a self made player I know because they did it for my daughter Lisa Dodd When understood and executed well the mental plans provided in What s the Count will help raise your level of play allow you to attain your highest potential and give you an edge to consistently prevail over your competition on the field and for those athletic scholarships to top rated softball schools like

UCLA I know because this is what they did for Lisa Dodd It is my wish that they do the same thing for you Tom **The Illustrated Guide to Fastpitch Softball** Brian Sobel,1980 *Softball* Dick Walker,1990 Introduces the basic techniques of slow pitch and fast pitch softball **Coaching Fastpitch Softball** Jerrad Hardin,2006-04-01 A Fastpitch Coaching Guide packed full of fresh ideas to rejuvenate and build programs drills that win championships and insights that go beyond traditional thought Tips from more than a dozen of the nation s most successful coaches from various levels are included

Softball Fundamentals Rick Noren,2005 Teaches pitching hitting fielding and baserunning with more than forty eight drills that will speed learning skills and improve performance while giving an understanding of offensive and defensive tactics Sneaky Softball Pitching Hal Skinner,2010-08 Sneaky Softball Pitching contains the most sought after pieces of pitching advice in the game today Learn how to pitch faster within seconds Get the secret of how to stun a batter into not swinging at all Find out what every great pitcher needs to know about the mental game and get detailed information about the foundation for building not only top speed but most accuracy as well *Softball* Dick Walker,1990-01-01 Introduces the basic techniques of slow pitch and fast pitch softball *Slowpitch Softball Hitting* Rainer Martens,Julie Martens,2010-11-23 Slowpitch Softball Hitting presents everything you need to know before stepping into the batters box With this mini e book learn how to make the most of each at bat from senior softball Hall of Famer Rainer Martens and his wife Julie Martens Supported by over 45 years of softball experience and PhDs in the sport sciences Rainer and Julie present detailed information about techniques related to hitting such as strike zone recognition stances bat selection and grips Aside from the basics you ll learn how to hit for average and increase your bat speed to generate power in various game situations Different situations within a game require different types of hits to generate runs Learn how to increase your precision and take your productivity at the plate to new heights The mini e book Slowpitch Softball Hitting is an abridged version of the comprehensive book Complete Guide to Slowpitch Softball Human Kinetics 2011 The content here is unique because it is specific to the slowpitch game not merely fastpitch advice modified for slowpitch players This sharp focus is what makes Slowpitch Softball Hitting such a valuable resource for all who play the game

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