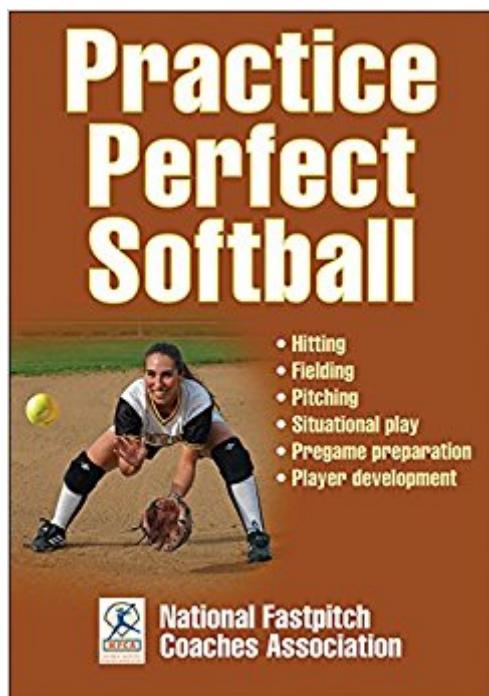


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# Practice Perfect Softball



## Synopsis

The road to a championship season begins long before the first pitch of the opening game. It begins before a player even steps onto the field. In *Practice Perfect Softball*, the game's premier coaches share their approaches, experiences, and philosophies of every aspect of practice. This authoritative guide goes beyond the stretches and drills, straight to the heart of winning—effort and attitude. From structuring sessions to evaluating practice performance, you'll find proven and practical recommendations from the all-star lineup of contributors: Julie Lenhart, Rachel Hanson, Beverly Smith, Rachel Lawson, Lisa (Sweeney) Van Ackeren, Dot Richardson, Ken Eriksen, Connie Clark, Celeste Knierim, Bill Gray and Melissa Chmielewski, Loni Alameda, Jo Evans, Jen McIntyre, Donna Papa, and JoAnne Graf (editor). Inside, you'll identify and establish practice ethics; assess team strengths; and develop players' skills in the field, on the mound, and at the plate. Developed by the National Fastpitch Coaches Association, *Practice Perfect Softball* is your guide to developing champions on and off the field.

## Book Information

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## Customer Reviews

The National Fastpitch Coaches Association (NFCA) is the professional growth organization for fastpitch softball coaches from all competitive levels of play. The idea for a softball coaching association first developed from discussions at the National Collegiate Women's Softball Championships in the early 1980s. Although mostly collegiate coaches constituted the organization's membership in the early days, today's collegiate coaches are joined by high school

and club coaches and umpires as well as other fans of fastpitch softball. Besides services offered to the membership, the NFCA works with USA Today to produce polls for NCAA Division I and high school softball. NCAA Division II and Division III polls are also produced. In addition, the NFCA conducts collegiate tournament competitions and recruiting camps around the country.

Great read - this book is filled with years of knowledge and experience.

The book has helped our softball team- tremendously!

This book was a very good and well put together kind of book. It has so much information to help you become a great softball athlete. I always loved playing softball in school. I wasn't able to take it to the next level but it was so fun to play while I could. I wish I had this book available for me back then. I might of been able to take it to that next level. It gives information on hitting, fielding, pitching, situational play, pregame preparation, and player development. All this information comes from different coaches with all their great experiences and the National Fastpitch Coaches Association. This book goes beyond the basics. It goes on to higher levels of the game. When you get done reading this book you will be an expert in softball hands down. I really enjoyed learning all this information on the game of softball.

This book is very informative. Obviously this was the purpose of the book. I give this a 4 star because it is helpful to a beginning, and even advanced softball player to play the best that they can through personal experiences of very professional softball players and coaches. If you are looking for a new, and a really well written and helpful guide to great softball, I ensure that if you read this book you will come out a better player.

I wish I could give the book a better review, but the addition of the coach from Liberty University knocks it down two notches. Crediting a player's ability to someone other than herself only cheapens the player's accomplishments. To credit a deity is even worse. The chapter from Dot Richardson should have been left out. Had it been, I would gladly give the book five starts.

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