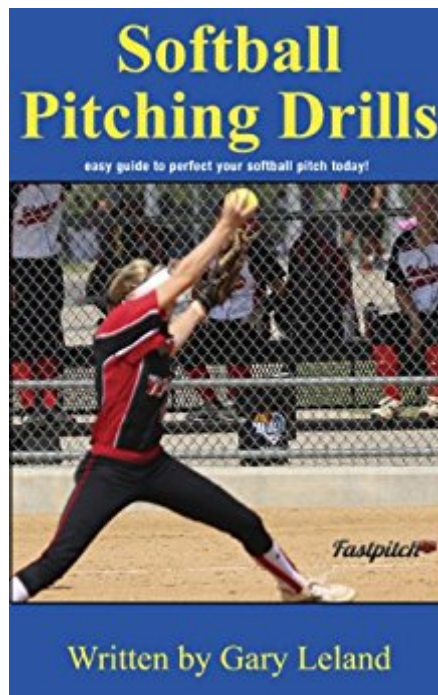




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Softball Pitching Drills: Great Pitching Drills For Fastpitch Softball (Fastpitch Softball Drills)



Synopsis

Great practice drills for fastpitch softball pitchers. Brought to you by Gary Leland publisher of the Fastpitch Softball TV Network. Gary's teams won the 14 and under, and the 15 and under Texas USSSA State championships back to back. His teams came in fourth and fifth in the USSSA National Championships for 14 under, and 15 under. Now he shares some of the drills his team used while training his fastpitch softball team. It seems like a lifetime ago, but I still remember when I started coaching my daughters fastpitch softball team. I had played a little baseball growing up, and some slowpitch softball along the way too. I soon found out two things. One is that fastpitch softball was a sport of its own. While so many things are the same. There are many things that are different in fastpitch softball than baseball, or slowpitch softball. Two is that I knew nothing about coaching fastpitch softball players at all. Playing sports had not really taught me how to coach. One of the main things new coaches are looking for is information. This book is my attempt to provide another source for that information. While I admit I did not come up with these pitching drills. Many of them have probably been used for years, and years. What I did was find many of the great pitching drills I used with my pitchers while coaching. Then I wrote them in an easy to understand format. Trying to make them easy to learn and use. While this may be a guide for coaches to help their young pitchers, this is also be a great resource for parents hoping to help their daughters become better fastpitch softball pitchers.

Book Information

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Customer Reviews

When I first started writing this, I gave it only two stars because it really is not a book. The length and depth of contents would have made a good blog post series. At the same time, there is some useful information... and it only cost \$.99. It would have been helpful to include photos of some of the drills but perhaps that would have blown the \$.99 price-point. The "book" contains 33 drills. Many of the drills are not really drills but rather tips or ideas and many of the drills are very basic warm up progressions. The girls on our team have a four-step warm up progression. Each step is listed in this book as separate drills. A few drills from the book include: Drill #9: Four Corners Drill: Hit the spots on the four corners of the strike zone. Drill #16: 20-4 Drill - Try to throw 20 strikes before you get top 4 balls. Drill #18: Dummy Batter Drill - Make a cut out batter to pitch to. But as I said, the book is cheap and people that are new to pitching will find a few useful ideas. However, only a friend of Gary's could rate the book as a five-star "best ever." (Sorry, I just couldn't help myself because that review is so ridiculous.)

At least it wasn't expensive! This is a "cut and paste" of several pitching drills that overlap each other. And are known by anyone who has an 8+ year old pitcher. Save your money. Browse Youtube. or just do a google search. You'll get three times the drills for free.

I am a pitcher in 12u and I am really scared because last year I sent a girl to the hospital but the thing is is that what happened after that I never pitched the same speed or the accuracy again so when I got this I was expecting everything it had and I was very impressed with a lot of these drills I have never heard of

These will be great drill to work on with my daughter. I hope she will enjoy learning and working on pitching. Thank you.

Clear and very simple to understand , I would recommend it to anyone, great read for all new pitchers enjoy

Never having played fastpitch softball, I found the book useful as I needed to know how to throw a

legal pitch. I need this knowledge in order to call illegal pitches during the game.

Should have illustrations for young pitchers just starting out. My daughter understood 90% of the instructions but had trouble with some drills due to no illustrations.

The book provides good guidelines for someone wanting to improve as a pitcher. Combine the drills with repetition and improvements will come.

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