



Winning Softball for Girls (Hardback)

By Mark Gola

Chelsea House Publishers, United States, 2009. Hardback. Book Condition: New. Revised edition. 234 x 186 mm. Language: English . Brand New Book. More than 3.5 million players in total play the sport. This revised edition of Winning Softball for Girls is essential reading for girls interested in learning to play softball and improve their game. Offering useful information on all the key skills necessary to master, this eye-catching title provides drills and exercises to help players practice their baserunning, catching, hitting, pitching, and throwing. This new full-color guidebook also explains the rules and history of the game as well as how to think on the field and play smart. Colorful photographs and diagrams and new material for improving a player's stance at bat and on the field are also provided in this new edition. Useful for players, coaches, and parents of players alike, Winning Softball for Girls, Second Edition covers all the bases of the game. Chapters of this title include: History and Rules of the Game; Hitting; Fundamentals of Defense; The Positions; Baserunning; Pitching; Offensive Strategy; Defensive Strategy; and, Conditioning.



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-- **Althea Fahey MD**

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