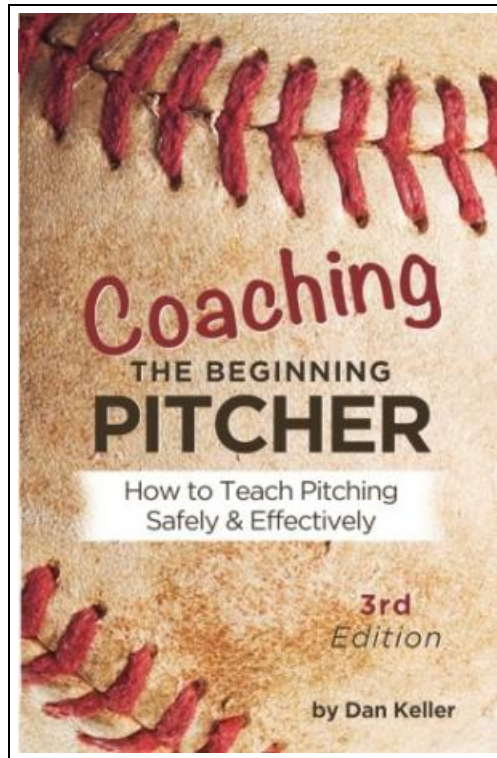


Coaching the Beginning Pitcher: Teach Pitching Safely and Effectively



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COACHING THE BEGINNING PITCHER: TEACH PITCHING SAFELY AND EFFECTIVELY



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Daniel Keller. Paperback. Condition: New. 312 pages. Dimensions: 8.5in. x 5.5in. x 0.7in. Understand and learn to TEACH the pitching motion. Follow a proven, easy-to-follow plan for training and developing young pitchers. Here is your complete coaching reference to pitching mechanics, arm care, common flaws, pick-offs, and mental strategy. With complete lesson plan outlines, this book will be the most valuable piece of coaching equipment you own! **BENEFITS AND HIGHLIGHTS** Learn to TEACH pitching in addition to understanding it. Keep athletes safe, healthy, and having fun on them. **Help** athletes tackle tough mental challenges related to the pitching position. **Identify and fix** common flaws and errors. **Set up** effective training programs and throwing schedules. Since the previous edition of Coaching the Beginning Pitcher, I've spent an additional eight years as a professional instructor (total pitching lessons provided eclipsed 15, 000), three years as a collegiate pitching coach, driven deeper into advanced mechanics associated with velocity and power production, and earned a Masters Degree in Physical Education. With expanded write-ups on the coaching plan (Chapter 3), drills (Chapter 5), and recognizing and correcting challenges (Chapter 6), along with a completely updated and enhanced section on training the pitchers mind (Chapter 11), Coaching the Beginning Pitcher, Third Edition, is complete! Although it may seem that the mechanics of pitching have not changed for the last hundred years, the nuances of instructing young pitchers are constantly evolving. This book contains the most effective methods known for working with young athletes, complete with tips and drills, throwing loads and quantities, common mistakes and remedies, and valuable sample lesson plans. This book is written with the right-handed pitcher in mind. However, all examples and pictures can be easily reversed and applied to the left-handed athlete. Coaching pitchers requires much more than knowledge of the physical motion of pitching. Effective pitching instruction...



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