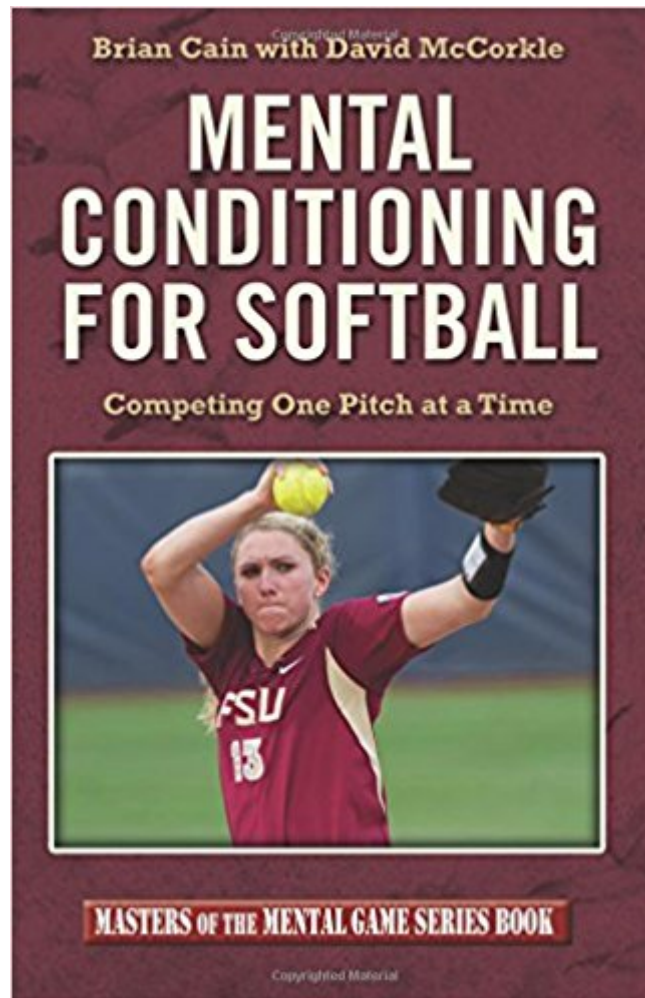




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Mental Conditioning For Softball: Competing One Pitch At A Time



Synopsis

In Mental Conditioning for Softball, Brian Cain takes you through the process of developing mental toughness in yourself, your players, and your program as you learn how to truly compete one pitch at a time. • One pitch at a time. Many coaches talk about playing softball that way. Cain gives you a simple process that any coach can follow so you can teach how to compete one pitch at a time. • Lonni Alameda Head Softball Coach Florida State University • Softball is a competitive game. As coaches, we are always looking for a competitive advantage. This book gives you a competitive advantage and helps your team compete at their best on a more consistent basis. • Vann Stuedeman Head Softball Coach Mississippi State University

Book Information

Paperback: 236 pages

Publisher: CreateSpace Independent Publishing Platform (May 14, 2016)

Language: English

ISBN-10: 1533126461

ISBN-13: 978-1533126467

Product Dimensions: 5.5 x 0.5 x 8.5 inches

Shipping Weight: 13 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #921,919 in Books (See Top 100 in Books) #62 in Books > Sports & Outdoors > Softball

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