



Practice Perfect Baseball

By Bob Bennett

Human Kinetics Publishers. Paperback. Book Condition: new. BRAND NEW, Practice Perfect Baseball, Bob Bennett, Successful seasons don't begin on opening day. They begin long before, in the cages, gym, locker room, and practice field. There, consistency, execution, and teamwork form the foundations of powerhouse programs and championship titles. While most coaches understand the importance of practice, far fewer have perfected it year after year, team after team. In "Practice Perfect Baseball," the game's premier collegiate coaches share their approaches, experiences, and philosophies on every facet 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, the vast information allows you to choose what you wish to implement in your program. You'll find unique insights and invaluable advice from the all-star roster of contributors: Ed Cheff Pete Dunn Dan Hartleb Steve Jaksa Tim Jamieson Mark Johnson Keith Madison Sean McNally Dave Perno Gary Pullins Terry Rooney Dave Serrano Gary Ward Bob Warn In "Practice Perfect Baseball," you'll identify and establish a practice ethic, learn to assess team strengths, and develop players' skills in the field, on the mound, or at the plate. You'll...



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