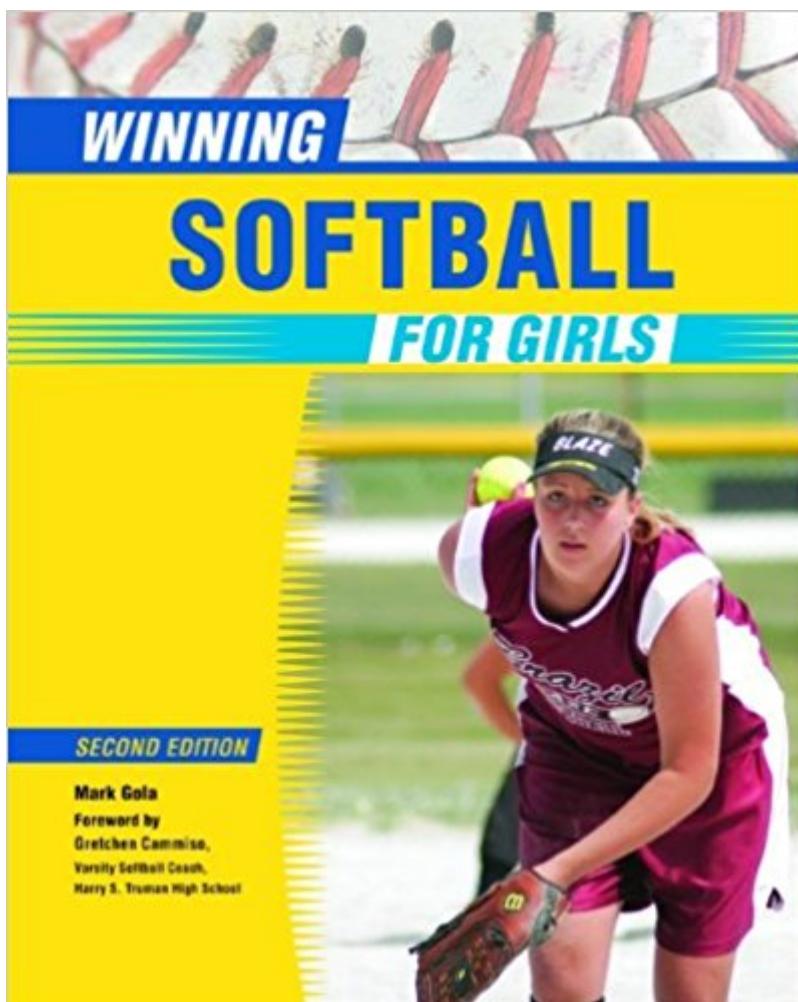


The book was found

Winning Softball For Girls (Winning Sports For Girls) (Winning Sports For Girls (Paperback))



Synopsis

Get in the swing of softball with this new full-color guide! The popularity of softball is undeniable. An Olympic sport since 1996, it is one that can be enjoyed by players across a wide spectrum of ages and at any level of ability. According to the Amateur Softball Association, each year more than 1.2 million girls play fast-pitch softball, and more than 3.5 million players in total play the sport. "Winning Softball for Girls, Second Edition" is essential reading for anyone interested in learning to play softball and improve their game. It offers useful information on all the key skills girls must master, providing drills and exercises to help them 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. New to this edition are more than 140 full-color photographs and diagrams along with new material for improving a player's stance at bat and on the field. The chapters include: History and Rules of the Game; Hitting; Fundamentals of Defense; The Positions; Baserunning; Pitching; Offensive Strategy; Defensive Strategy; and, Conditioning.

Book Information

Series: Winning Sports for Girls (Paperback)

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Average Customer Review: 4.0 out of 5 stars 1 customer review

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Customer Reviews

Grade 7 Up-Gola covers the history, rules of the game, and necessary equipment as well as tips for hitting, pitching, and base running. The fundamentals of defense and offense are covered, along with a number of drills in each area. In addition, the author details the various positions and gives advice on conditioning. The many black-and-white photos showing girls between the ages of 13 and 18 are of average quality and often small; a few do not amplify the text. The simple diagrams are

clear. Because each page is dense with text, experienced softball players are likely to pick and choose among the chapters rather than read through the entire book. Due to the dearth of books on the subject, this title could prove useful in balancing baseball-laden collections. Blair Christolon, Prince William Public Library System, Manassas, VA
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"Recommended." - Choice "An essential guide to the game...will be useful for beginners, competitive players, and coaches." - School Library Journal" --School Library Journal

Very good as expected

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