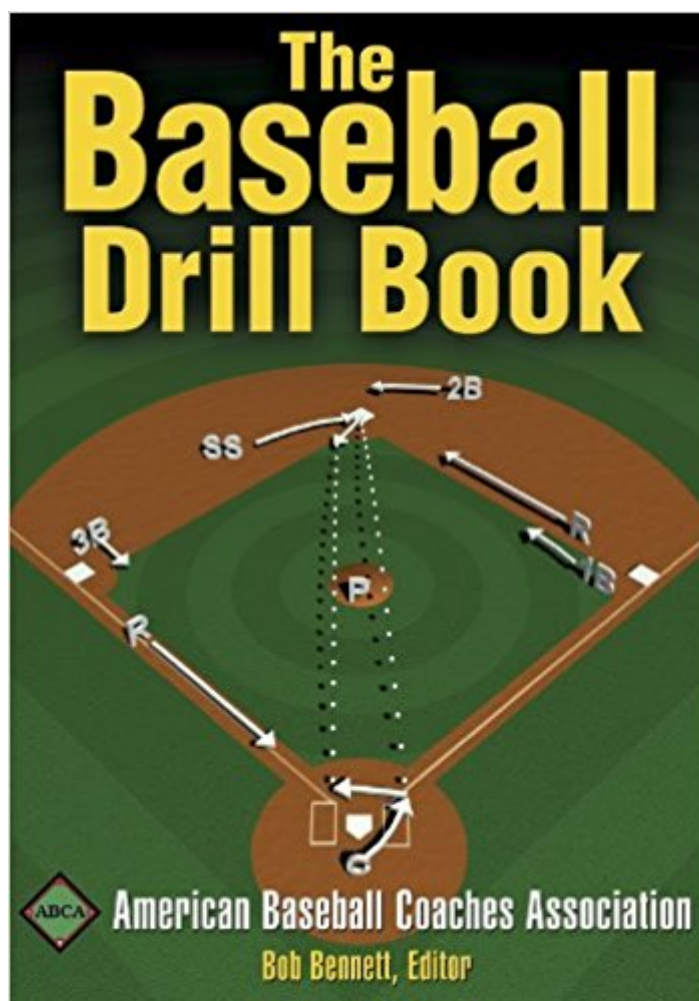


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# The Baseball Drill Book (The Drill Book Series)



## Synopsis

Seventeen of the game's top collegiate coaches have teamed up with the American Baseball Coaches Association (ABCA) to bring you the game's most comprehensive assortment of practice activities. The Baseball Drill Book features 198 drills proven to improve individual and team performance. Former Fresno State coach Bob Bennett, Ripon College's Gordie Gillespie, Lewis-Clark State's Ed Cheff, Wichita State's Gene Stephenson, and South Carolina's Ray Tanner are among the greats who present their best practice drills and insights for improving these skills: Conditioning and warm-up-Throwing and catching-Base running and sliding-Hitting and bunting-Pitching-Fielding-Offensive and defensive tactics Each drill follows a concise format. First, the primary skill or tactic to be enhanced is identified, then procedure and setup details are provided. Illustrations for proper technique are also included, followed by coaching insight to help you sharpen players' understanding of the game's finer points. Glean tactical advice such as how to get a teammate home from third when a key run is needed and how to "sit on" certain pitches while at the plate. Drill modifications are included so that each drill can be modified to fit specific needs. Additional chapters explain how to effectively and efficiently incorporate drills in practice sessions and to simulate game situations. In all, The Baseball Drill Book provides the essential link between initial skill learning and winning performance on the diamond.

## Book Information

Series: The Drill Book Series

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## Customer Reviews

"From Scholastic Coach & Athletic Director""Seventeen of the game's top collegiate coaches have teamed up with the ABCA to pen a comprehensive assortment of practice activities."""

From Scholastic Coach & Athletic Director"Seventeen of the game's top collegiate coaches have teamed up with the ABCA to pen a comprehensive assortment of practice activities."

I ordered this book a while ago and just getting to the review. This is a great book for coaches at any age, or any skill level! I coach little league ages 10 - 12 and found many of the drills in this book work well with the boys I coach. Many of the drills are for high school and college age players but with the right walk-through and demonstration, the younger boys get it, so the drills work well. I love the explanation each drill has - from set up to walking through the drill to different variations of the drill. There are drills for warming up, for base running, for pitchers, infield and outfield. There are also a few drills that can be used indoors (in a gym or other indoor baseball facility) on those rainy practice days. We get many of those days here in Washington, so I've found a way to work them in to practices. I have also found that with the younger players, some of the indoor drills make sense outdoors because they are less complicated. Anyway... great book for coaches looking for some new drills to run with their players at different skill levels.

All drills not for all ages, but you can definitely find many drills for any age group in this book, well worth the money I paid on . I've recently purchased several youth baseball coaching books and though I like the Ripken ones a bit more overall, I'm glad I got this one too. Not every strategy, drill or style is for everyone, it's good to get a wide range to choose from. There are TONS of drills in this book, good explanations, easy to run, if it's not exactly what you think would fit your team you can probably make small adjustments to make it work. I've coached youth baseball for 8 years, used books and websites for aids, still plenty of new ideas for me in this book.

Great for beginning and seasoned coaches alike. Lots of great examples for drills to perform, and lots of information on how to be successful as a coach. If you're here searching for stuff to help you start out, or help you up your practice a notch with additional drills, this book will be a great addition.

Great handbook with some great ideas for stations.

Informative if you want to coach baseball.

Excellent book of drills -- if your practices are becoming boring, thumb through this book and find some new drills to keep things fresh. Coaching LL we had several copies -- one for each coach and could then plan practices much more quickly, e.g., the day before we could agree that we were going to start our next practice with, say, drill 32, 102, and 117. Coaches would review the drills beforehand and be prepared to run stations. Drills are easily applicable to Little League through Legion and probably beyond.

The book talks a lot about drills, coaching, preparing and handle kids and how important all of it is but very rarely recommend any type of drills. You as the coach as to come up with your own technique. I was expecting to get some ideas on how to assist my son as an individual and as a team, instead I have definitions and explanations

If you want to stop having your team standing around waiting for the ball to be batted to them, I suggest you get this book. I knew a few drills from watching my 14yr. Old practice with his travel ball team. But this book has about 100 drills and I use them every practice. I used them for every part of my practice

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