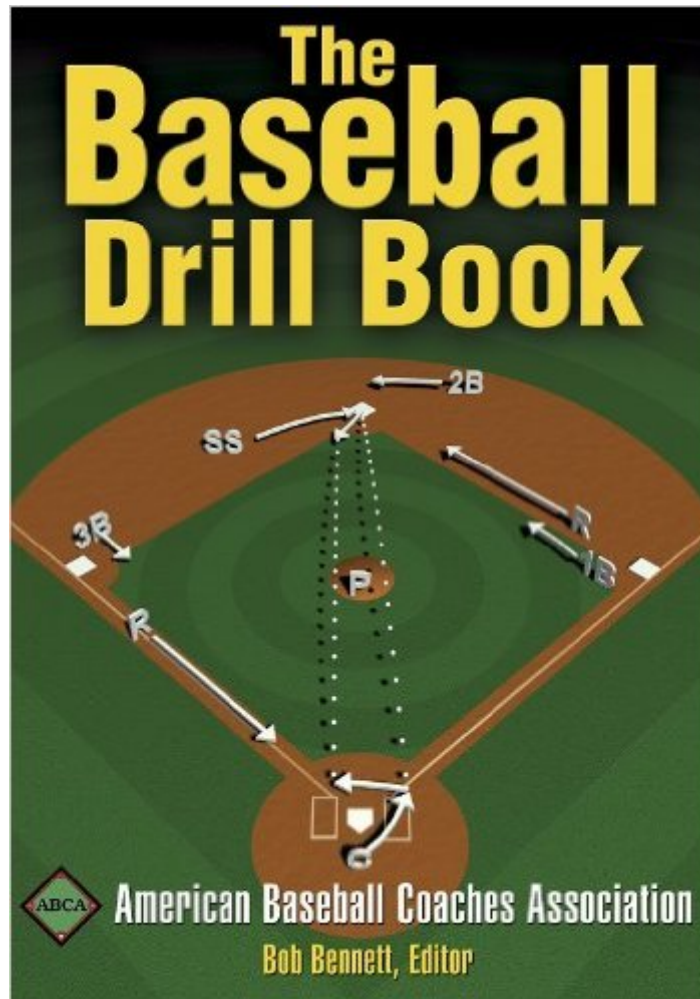


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# The Baseball Drill Book (The Drill Book Series)



## 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. v

## Book Information

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Best Sellers Rank: #34,466 in Books (See Top 100 in Books) #5 in Books > Sports & Outdoors > Coaching > Baseball #29 in Books > Medical Books > Allied Health Professions > Physical Therapy #36 in Books > Sports & Outdoors > Baseball

## Customer Reviews

Kids are playing baseball at a much higher skill level these days, and are playing less sandlot

baseball like I did when I was a kid. As a result, Little League practices need to be more than just BP and infield practice for the players to develop to their full potential. This book has drills that range from fundamentals, to more complex workouts for the entire team. There are some drills appropriate for kids as young as T-Ball (and I have used them with players as young as 5) - but all of the drills are good for players as old as High School/Big League age. This book would be particularly useful for Coaches returning to the game. The developments in the study of body mechanics have changed the way that a lot of basic skills are taught now, and this book includes up-to-date drills to reflect these changes. For example, batters are taught a much more compact and quick swing than I learned when I was a kid. This book is a good investment for the beginning OR experienced coach, or the parent who wants to see their kids excel in baseball - America's National Pastime.

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.

I bought this hoping for practice and drill ideas for my 7-year-old baseball nut son. While I'm sure it will be great in future years (high school), it has very little of use for younger players such as Little Leaguers. That's not a flaw with the book exactly, just a shortcoming of the marketing info at the time of sale.

Lots of very good drills. Many more than I expected. Very well written by many different coaches with various specialties. I have already incorporated several of these drills into my practices. I was looking for something for my 12YOs and this hit the mark. Other books are aimed a little younger player, but this book has the advanced drills to push these kids to the next level. I am not sure this would be good for very young kids (

Great drills in here. It was nice to be able to give to my younger coaches. They don't just describe the drill but explain what it is benefiting. Going to buy more for all my coaches good for any age.

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

I was looking for a fun way to practice drills while helping them learn and develop sound technique. This provides fun drills and also time efficient drills that are going to add to the quality of practice and their development.

Simple explanations and excellent advise in this information packed book! The Baseball Drill Book discusses how to effectively implement drills and team situation drills & activities. Each section covers why the following drills are important in the game of baseball. The discussions and drills are current for how the game is being taught today. There are almost 200 purposeful activities/drills for coaches to incorporate into practices to keep players active and interested! Each drill provides a Focus, Setup, Procedure, Coaching Points, and many have modifications for position changes or variations of a drill. It has been a Godsend when planning practices!

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