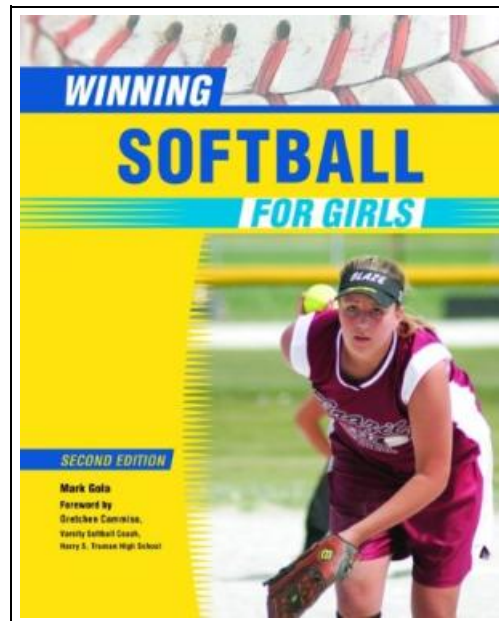


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WINNING SOFTBALL FOR GIRLS (2ND REVISED EDITION)



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Facts On File Inc. Paperback. Book Condition: new. BRAND NEW, Winning Softball for Girls (2nd Revised edition), Mark Gola, Gretchen Cammiso, 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.

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