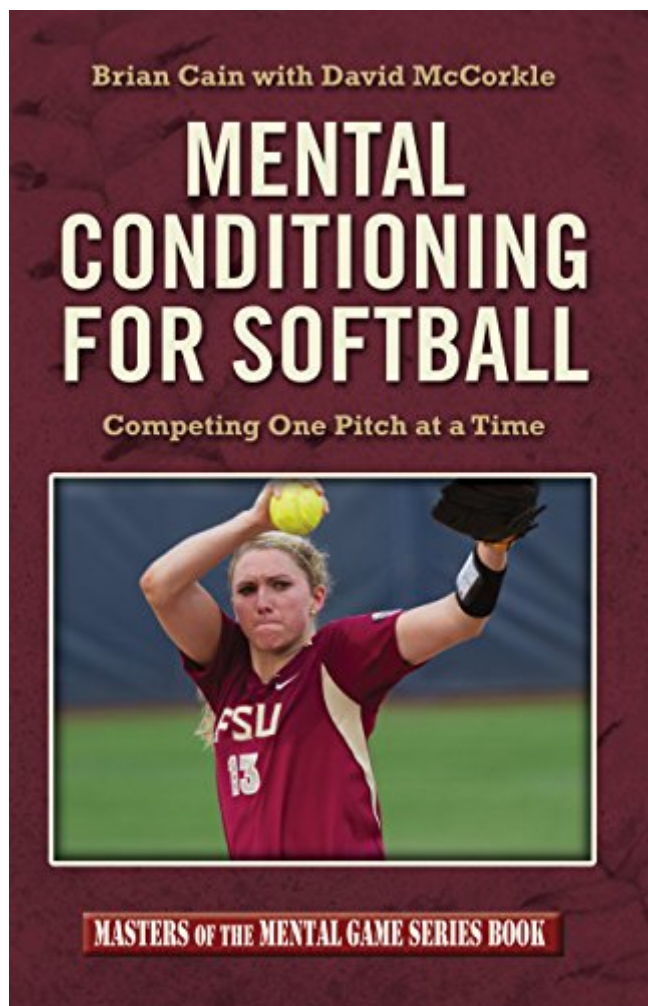


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Mental Conditioning For Softball



Synopsis

In Mental Conditioning for Softball, Brian Cain takes you through the process of developing mental toughness in yourself, your players, and your program as you learn how to truly compete one pitch at a time. “One pitch at a time. Many coaches talk about playing softball that way. Cain gives you a simple process that any coach can follow so you can teach how to compete one pitch at a time.”

Lonni Alameda Head Softball Coach Florida State University

“Softball is a competitive game. As coaches, we are always looking for a competitive advantage. This book gives you a competitive advantage and helps your team compete at their best on a more consistent basis.”

Vann Stuedeman Head Softball Coach Mississippi State University

Book Information

File Size: 5564 KB

Print Length: 255 pages

Publication Date: April 18, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B06ZZCFGJT

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #235,782 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #8

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