

## The Baseball Coaching Bible The Coaching Bible Series

Offers 198 activities for baseball players' training. Covers drills for warm-up, throwing, catching, base running, hitting, pitching, and fielding.

"This book provides practical strategies for developing the mental skills which help speed you to your full potential."---Dave Winfield What does it mean to play heads-up baseball? A heads-up player has confidence in his ability, keeps control in pressure situations, and focuses on one pitch at a time. His mental skills enable him to play consistently at or near his best despite the adversity baseball presents each day. "My ability to fully focus on what I had to do on a daily basis was what made me the successful player I was. Sure I had some natural ability, but that only gets you so far. I think I learned how to focus; it wasn't something that I was necessarily born with." -- Hank Aaron "Developing and refining my mental game has played a critical role in my success in baseball. For years players have had to develop these skills on their own. This book provides practical strategies for developing the mental skills that will help speed you toward your full potential." -- Dave Winfield

Covers all aspects of coaching baseball including creating effective practice sessions, motivating players, and building a successful program.

Solid defense begins before the first pitch is thrown. From player placement to situational awareness, the nuances of superior fielding are vast and varied. That's why the American Baseball Coaches Association's top defensive minds have compiled Gold Glove Baseball--to give you an all-encompassing resource to help turn your team into a stellar defensive unit. The all-star lineup of coaches provide in-depth instruction, special insights, and practice drills on every aspect of defensive play. The book's scope ranges from fundamentals to advanced tactics for those who have mastered the basics. Coaches at all levels and serious players will find great tips and new techniques for executing specific fielding maneuvers and complex plays involving several players. A sample defensive signals system will explain how to coordinate the positioning and movements of all nine fielders on every pitch. Winning baseball requires smart and steady defensive play every bit as much as solid hitting and strong pitching. In fact, many top baseball coaches say that the foundation of championship teams is defense because it makes pitchers' jobs easier and takes pressure off the offense. Gold Glove Baseball provides a complete plan for playing championship-caliber defense.

I think that more often than not, when we search for answers to life's little mysteries, we are looking in the wrong places. We seek insight from famous people, television shows, or radio personalities. Don't get me wrong; there are inspirational bursts from all these places. People rise from poverty, personal tragedy, or disabilities to achieve great success, and all of a sudden, their stardom makes us pay attention. Were they not the same people before they were famous? My point is that we are surrounded by these people every day, and for some reason, we don't see them. The fact of the matter is, just about everything that I have built my life on was so graciously given to me by people you've never heard of, and I would venture to say you never will. We are so consumed with what we are fed on social and mainstream media, we fail to realize we are walking in fields of gold every day surrounded by nuggets of life that can sustain you for all your days. All you have to do is pay attention, and the blueprint is there to follow. What am I talking about? I am talking about servants! They will teach you all you need to know, and there will be plenty leftover to teach others.

Coaching youth baseball is tough. Not only do coaches have to teach kids the fundamental skills of the game, they also have to know how to select a team, how to run efficient practices, and how to deal with parents and umpires. Furthermore, they have to make sure the game is fun for all the kids on their team. Jeff Ourvan is an experienced youth baseball coach who has determined that what makes the experience of little league so special is the values it teaches. In *How to Coach Youth Baseball So Every Kid Wins*, he outlines a plan of action for youth coaches to follow that will enable them to field a team that plays together, plays well, and has lots of fun in the process.

A successful college baseball coach recounts his transition from a fear-based life to a rewarding career of passionate motivation, outlining the lessons he has learned about opportunity, courage, and failure. Features the legendary hitter's guidance in all the basics and finer points of hitting and includes his analysis of the great hitters of the seventies and the eighties, including Rose, Brett, Carew, and Murray. Discusses how to develop arm strength and endurance, perfect new pitches, maintain control of the plate, pitch strategically, and field one's position.

Guide to effective baseball coaching

The Baseball Coaching Bible Human Kinetics

In this book, authors H.A. Dorfman and Karl Kuehl present their practical and proven strategy for developing the mental skills needed to achieve peak performance at every level of the game. Outlines the author's philosophies about coaching and life, as penned in a letter to the parents of a little league player, while tracing his appointment as a manager for the St. Louis Cardinals and his successful first seasons.

With almost four decades in professional baseball, Cal Ripken, Sr. has motivated players in all leagues to reach their best, and has mentored two major leaguers of his own, Cal Ripken, Jr., and Bill Ripken. Now culling wisdom from his unpublished classic, *The Cal Ripken Baseball Manual for Players* – a veritable instructional bible utilized throughout the Orioles organization for years – Cal Sr. brings his view from the field to an inspiring guide to the game of life.

Coaching young players, developing their skills, and cultivating a love for the sport may be the most rewarding experience baseball can offer. Cal and Bill Ripken understand this like few others. From their father, Cal Sr., a legend in the Baltimore Orioles organization for 37 years, they learned to play the game the right way. Those lessons, paired with their combined 33 years of big league experience, helped develop the Ripken Way, a method of teaching the game through simple instruction, solid explanations, encouragement, and a positive atmosphere. In *Coaching Youth Baseball the Ripken Way*, Cal and Bill share this approach to coaching and development. Whether you're teaching your children at home, managing the local travel team, or working with high school-level players, *Coaching Youth Baseball the Ripken Way* will help you make a difference both on and off the field, with these features: -More than 50 drills covering defense, hitting, pitching, and baserunning -Age-specific practice plans for players ranging from 4 to 15+ -Strategies for setting goals and reasonable expectations for your players and team -Advice on communicating with parents, players, and staff -Methods for creating a positive and fun environment in which kids can learn the skills and strategies of the game Bill Ripken was once voted by his peers as one of the big league players most likely to become a manager. Cal Ripken, Jr., known as baseball's Iron Man, is a member of the game's All-Century Team and a future Hall of Famer. Together, they are proof positive that the Ripken Way is the right way to teach the game of baseball.

The author recounts his baseball career, both as a player and as a manager, and reflects on his accomplishments as a sports fisherman.

This work explores how the new medium of television changed America's pastime and traces the sometimes contentious but mutually beneficial relationship between baseball

and television, from the first televised game in 1939 to the modern-day world of Internet broadcasts, satellite radio, and high-definition television. Original.

Offers advice on the mechanics of pitching, and recommends a program of weight training, aerobic exercise, and sound nutrition

Rich Donnelly was a minor league catcher who never quite got the chance to play in the big leagues. So he became obsessed with reaching the Major Leagues as a coach.

While climbing the ladder to his dream job as third base coach for the Pittsburgh Pirates, he became mostly an absentee father who was eventually divorced by his wife. Worse yet, he had a falling out with his only daughter, Amy, who was unafraid to tell her father where he fell short and how he could improve. Then it happened. In March of 1992, seventeen-year-old Amy called her dad to tell him she was going to have brain surgery. A tumor had been found. In October, Rich invited her to Game Five of the 1992 NLCS between the Pirates and the Atlanta Braves. That's when an unlikely cheer was born. From the stands, Amy observed her dad yelling instructions to the runners on second base and jokingly asked him afterwards if he was telling them, "The chicken runs at midnight." The saying stuck. In late January of 1993, Amy died, but not before her dad and her three brothers had let the battle cry be etched into their lives. It stood for never giving in. It stood for challenging your obstacles. It stood for Amy. Rich renewed his life of faith, speaking out for God and what he could do in a person's life if the person paid attention. Four years later, in 1997, after Coach Donnelly had become third base coach for the Florida Marlins, he and his sons brought the battle cry of the chicken with them. That year, the Marlins reached the World Series against Cleveland, a classic that culminated with a seventh game that went extra innings. And the Marlins won that final game when a player nicknamed "Chicken" crossed home plate at exactly twelve midnight. The chicken had run at midnight. The Chicken Runs at Midnight will make you thrill to victory, believe in hope, stand up to cheer for what is good in peoples' lives, and conclude that God can work in the life of any person, even through his mistakes, even when he's not paying attention, even when he thinks it's too late to turn around.

Top college baseball coaches offer drills for players at all levels. Focuses on hitting, baserunning, fielding, pitching, and catching.

The definitive work on the language of baseball—one of the "Five Best Baseball Books" (Wall Street Journal). Hailed as "a staggering piece of scholarship" (Wall Street Journal) and "an indispensable guide to the language of baseball" (San Diego Union-Tribune), The Dickson Baseball Dictionary has become an invaluable resource for those who love the game. Drawing on dozens of nineteenth- and early twentieth-century periodicals, as well as contemporary sources, Dickson's brilliant, illuminating definitions trace the earliest appearances of terms both well known and obscure. This edition includes more than 10,000 terms with 18,000 individual entries, and more than 250 photos. This "impressively comprehensive" (The Nation) book will delight everyone from the youngest fan to the hard-core aficionado.

Youth baseball instruction guide for coaches, parents and players. Written by Dan Gray, former MLB catcher with the LA Dodgers and who now runs a two-location instructional academy in Mount Kisco and Port Chester, NY.

Former Yankee Bobby Richardson played alongside Mickey Mantle, Roger Maris, Whitey Ford, Joe Pepitone, and Yogi Berra during one of the most prolific dynasties in baseball history, and he remains to this day the only player from the losing team ever to be named World Series MVP. In Impact Player, Bobby shares his life story, including never-before-told tales from the Yankee clubhouse during the historic '55-'65 pennant runs and World Series appearances. The book also features the unlikely friendship Richardson, a devout and outspoken Christian, shared with Yankee legend and renowned drinker and womanizer Mickey Mantle. The perfect combination of faith and baseball, Impact Player offers a rare glimpse into one of the most celebrated dynasties in the history of the game, and it paints a fascinating portrait of a life well-lived and the lasting rewards that come from knowing and loving God.

With contributions from some of the most successful baseball coaches in the country, this comprehensive guide has detailed coverage of offensive, pitching, and defensive tactics. 80 illustrations.

Whoever claims winning isn't everything obviously has not spoken with an athletic coach. Coaching the Mental Game offers coaches of all sports a definitive volume for effectively understanding an athlete's mental awareness, which in turn will help drive success. Author H.A. Dorfman details appropriate coaching strategies aimed at perfecting the player's mental approach to performance. Coaching the Mental Game will become the Bible for coaches who strive to make their athletes the most complete performers possible. Not only a wonderful asset to athletic coaches, this book will also prove to be a motivational resource for workers in all industries as well as in the game of life.

Top high school baseball coach Mike Curran shares his coaching strategies, covering topics such as off-season planning, player evaluation, utilizing the coaching staff, organizing practices, creating effective drills, planning offensive and defensive strategies, scouting, game preparation, and in-game decision making.

"Field of Dreams was only superficially about baseball. It was really about life. So is The Baseball Whisperer . . . with the added advantage of being all true." —MLB.com From an award-winning journalist, this is the story of a legendary coach and the professional-caliber baseball program he built in America's heartland, where boys would come summer after summer to be molded into ballplayers—and men. Clarinda, Iowa, population 5,000, sits two hours from anything. There, between the cornfields and hog yards, is a ball field with a bronze bust of a man named Merl Eberly, who specialized in second chances and lost causes. The statue was a gift from one of Merl's original long-shot projects, a skinny kid from the Los Angeles ghetto who would one day become a beloved Hall-of-Fame shortstop: Ozzie Smith. The Baseball Whisperer traces the "deeply engrossing" story (Booklist, starred review) of Merl Eberly and his Clarinda A's baseball team, which he tended over the course of five decades, transforming them from a town team to a collegiate summer league powerhouse. Along with Ozzie Smith, future manager Bud Black, and star player Von Hayes, Merl developed scores of major league players. In the process, he taught them to be men, insisting on hard work, integrity, and responsibility. More than a book about ballplayers in the nation's agricultural heartland, The Baseball Whisperer is the story of a coach who put character and dedication first, reminding us of the best, purest form of

baseball excellence. “Mike Tackett, talented journalist and baseball lover, has hit the sweet spot of the bat with his first book. The Baseball Whisperer takes one coach and one small Iowa town and illuminates both a sport and the human spirit.” —David Maraniss, New York Times bestselling author of *Clemente* and *When Pride Still Mattered*

If you are a baseball fan, then coaching youth baseball is one the most enjoyable and rewarding activities you'll experience. But what if you've never coached before? Or you haven't played the game in a while and have forgot some key points to the sport? No worries! *Coaching Baseball for Dummies* guides you through the rules of the game, explaining all the essential skills and the best ways to teach them to your players. Covering different age groups and great practice routines, this guide is all you need to have a fun-filled season. You'll discover how to: Fulfill the role of being a coach and parent Develop a coaching philosophy Understand how your league works Evaluate your team Teach your players fundamentals Understand all kinds of children Create your practice plan Prepare for game day Overcome challenges and problems This plain-English guide also shows you how to run all kinds of drills, from hitting and pitching to fielding and base running. And when your team is tense or low on morale, it shows you how to relax your players and keep them focused on the game. There are also suggestions for making your season, and theirs, a memorable one. *Coaching Baseball for Dummies* shows you how much fun it can be to train kids to be athletes, have good sportsmanship, and work together as a team. You volunteered to coach the local baseball team, but are you ready? How will you teach the fundamental skills, run effective practices, and harness the energy of your young team? Fear not: *Survival Guide for Coaching Youth Baseball* has the answers. In *Survival Guide for Coaching Youth Baseball*, longtime coach Dan Keller shares his experiences and provides advice you can rely on from the first practice to the final game. From evaluating players' skills and establishing realistic goals to using in-game coaching tips, it's all here—the drills, the strategies, and most important, the fun! Develop your team's fielding, catching, throwing, pitching, and hitting skills with the *Survival Guide's* collection of the game's best youth drills that young players can actually use. Best of all, you'll be able to get the most out of every practice by following the ready-to-use practice plans. *Survival Guide for Coaching Youth Baseball* has everything you need for a rewarding and productive season.

There is no question that the physical and mental demands of the sport of baseball are rigorous. Not only is it difficult to successfully hit a ninety-mile-per-hour fastball in front of a crowd of passionate spectators, but it is also challenging to navigate an often confusing system that leads players through youth leagues, high school, college, and for a lucky few, the Minor and Major Leagues. Rod Humphries, sports journalist, television writer, and former administrator of a worldwide professional tennis tour, shares his personal experiences and advice from experts in this complete insider's guide designed to help players, their parents, and baseball fans understand how Major Leaguers “pay their dues.” Humphries, who closely studied the entire baseball assembly line when his son was drafted out of high school by the Houston Astros, offers valuable information on: • The professional baseball structure • Little League vs. select/travel ball • Player analysis and recruitment • Scholarships and coaching camps • Draft day decisions, salaries, and career chances Little League to the Major Leagues provides proven tips and time-tested advice for any family or player who dares to dream of journeying beyond youth baseball to high school, college, and the professional game.

Master your game from the inside out! With more than 800,000 copies sold since it was first published thirty years ago, this phenomenally successful guide has become a touchstone for hundreds of thousands of people. Not just for tennis players, or even just for athletes in general, this handbook works for anybody who wants to improve his or her performance in any activity, from playing music to getting ahead at work. W. Timothy Gallwey, a leading innovator in sports psychology, reveals how to • focus your mind to overcome nervousness, self-doubt, and distractions • find the state of “relaxed concentration” that allows you to play at your best • build skills by smart practice, then put it all together in match play Whether you're a beginner or a pro, Gallwey's engaging voice, clear examples, and illuminating anecdotes will give you the tools you need to succeed. “Introduced to *The Inner Game of Tennis* as a graduate student years ago, I recognized the obvious benefits of [W. Timothy] Gallwey's teachings. . . . Whether we are preparing for an inter-squad scrimmage or the National Championship Game, these principles lie at the foundation of our program.”—from the Foreword by Pete Carroll

*CATCHING-101: The Complete Guide for Baseball Catchers* is the most comprehensive book ever written for baseball catchers. It contains tips, drills, and proper mechanics that will help every catcher or coach better understand the most difficult position on the field. This book contains information on EVERY aspect of catching that Coach Barksdale has learned through his years of experience from coaching nationally ranked NCAA teams, and playing at almost every level from Little League to professional baseball. A few of the topics covered in *CATCHING-101* are: Receiving Blocking Catching Pop Flies Throwing Fielding Bunts Plays at Home Plate Drills Pitchouts Pass Balls/Wild Pitches Giving Signals And More! If you have been searching for a source with lots of high quality information about catching, this is the book for you! *CATCHING-101* was written by Coach Xan Barksdale who is currently an NCAA Division I baseball coach and an ex-professional baseball player. Coach Barksdale played in the Atlanta Braves organization and has been a featured speaker at the prestigious ABCA (American Baseball Coaches Association) national convention.

In this guide for youth baseball coaches, experienced coach John T. Reed demonstrates how he has achieved extraordinary results by focusing on players' innate skills in areas such as base running, waiting for a good pitch, and fielding.

*Thinking Volleyball* goes beyond the Xs and Os and skill instruction by offering in-match strategy and insights from legendary coach Mike Hebert. It encourages coaches to challenge conventional wisdom to arrive at creative solutions and innovative methods for getting the most out of their teams.

Here is a comprehensive, practical resource that makes building a successful baseball program considerably easier for both the new and the experienced coach. Included are proven techniques and ready-to-use materials for virtually every aspect of the coach's job, from recruiting to training talent for each position. For easy use, the Guide is printed in a handy spiral-bound format that folds flat and is organized into 15 sections focusing on 15 different coaching concerns: Getting Started Recruiting and Tryouts Game Control From Start to Finish Pitching The Pitches Catching General Infield Play Outfield Play Defensive Strategy and Positioning Team Defense Hitting The Short Game Base Running Offensive Strategy and Techniques Scholarships and Professional Baseball Each section is packed with inside tips, drills for skill development, and winning strategies for a variety of game situations and for dealing effectively with a wide range of problems. Here are just a few examples of the ready-to-use help you'll find: Guidelines for setting team goals, establishing standards, and marinating positive

