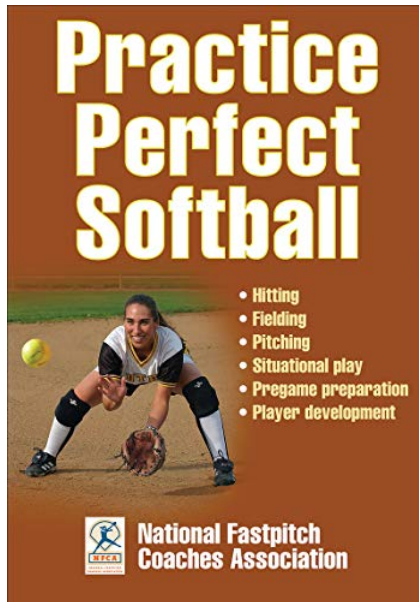


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The road to a championship season begins long before the first pitch of the opening game. It begins before a player even steps onto the field. In *Practice Perfect Softball*, the games premier coaches share their approaches, experiences, and philosophies of every aspect of practice. This authoritative guide goes beyond the stretches and drills, straight to the heart of winning effort and attitude. From structuring sessions to evaluating practice performance, you'll find proven and practical recommendations from the all-star lineup of contributors: Julie Lenhart, Rachel Hanson, Beverly Smith, Rachel Lawson, Lisa (Sweeney) Van Ackeren, Dot Richardson, Ken Eriksen, Connie Clark, Celeste Knierim, Bill Gray, and Melissa Chmielewski. Inside, you'll identify and establish practice ethics; assess team strengths; and develop players skills in the field, on the mound, and at the plate. Developed by the National Fastpitch Coaches Association, *Practice Perfect Softball* is your guide to developing champions on and off the field.

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