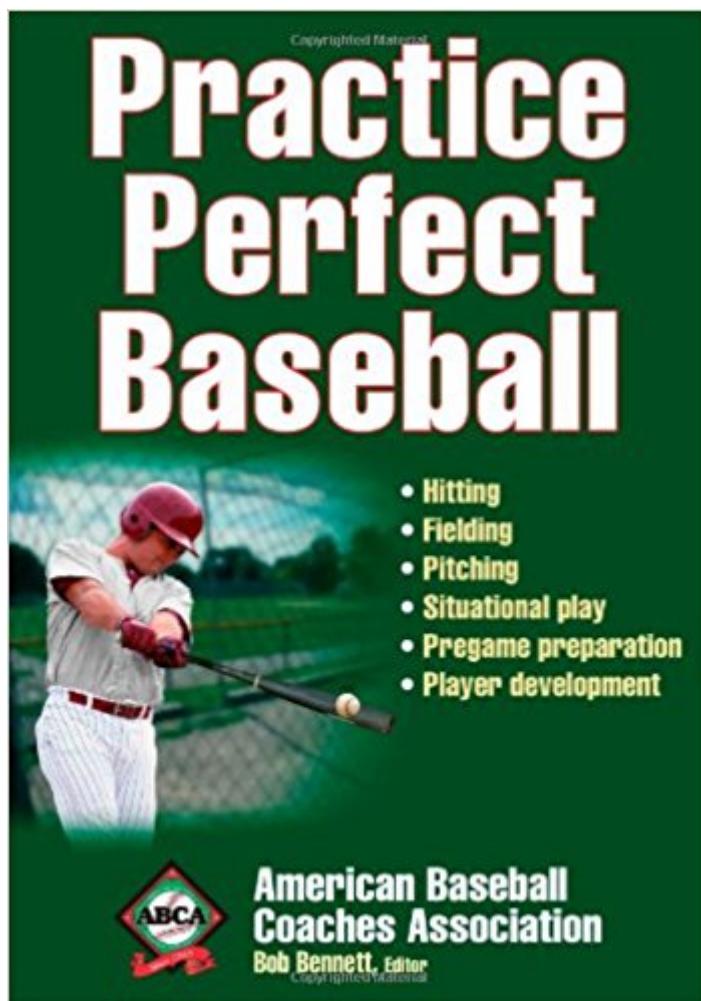


The book was found

# Practice Perfect Baseball



## Synopsis

Successful seasons don't begin on opening day. They begin long before, in the cages, gym, locker room, and practice field. There, consistency, execution, and teamwork form the foundations of powerhouse programs and championship titles. While most coaches understand the importance of practice, far fewer have perfected it year after year, team after team. In *Practice Perfect Baseball*, the game's premier collegiate coaches share their approaches, experiences, and philosophies on every facet 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, the vast information allows you to choose what you wish to implement in your program. You'll find unique insights and invaluable advice from the all-star roster of contributors: Ed Cheff Pete Dunn Dan Hartleb Steve Jaksa Tim Jamieson Mark Johnson Keith Madison Sean McNally Dave Perno Gary Pullins Terry Rooney Dave Serrano Gary Ward Bob Warn In *Practice Perfect Baseball*, you'll identify and establish a practice ethic, learn to assess team strengths, and develop players' skills in the field, on the mound, or at the plate. You'll also learn to make the most of indoor practices, incorporate technology to perfect skills and evaluate performance, and prepare your team for upcoming opponents. Developed by the American Baseball Coaches Association and edited by Bob Bennett, *Practice Perfect Baseball* is essential reading for every coach at every level of the sport.

## Book Information

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## Customer Reviews

**ABOUT THE ABCA** The American Baseball Coaches Association (ABCA) is the largest baseball coaching organization in the world. The association's mission is to improve the level of baseball coaching worldwide while promoting the game of baseball and acting as a sounding board and advocate on issues concerning the game. In addition, the ABCA promotes camaraderie and communication among all baseball coaches from the amateur to the professional levels. The ABCA also gives recognition to deserving players and coaches through several special sponsorship programs. It is an organization that has grown steadily in membership, prestige, and impact in recent years. The ABCA's headquarters is located in Mount Pleasant, Michigan.

Amateur sounds bad, but I am not paid to coach. This is a solid book with lots of great information, if you take the book and listen to the words you will walk away a much better coach. I think a lot of the mental aspects can be used in more than just baseball, so open yourself up and allow it to all soak in...

Very good book outlining the importance of good practice planning.

You almost can't go wrong with a baseball book from the American Baseball Coaches Association (AABC) and in my opinion this one is a great one. The information in this book was gleaned from some of the most knowledgeable and best coaches in the country and is very well organized. If you are serious about running an efficient and successful baseball program, Practice Perfect Baseball will give you a huge push in that direction.

I bought this for my son who plays on a travel ball team. He loved this book and brings it everywhere. We were on vacation and a bunch of his teammates were waking up early to read it. They all wanted a copy!! Great book. Their ages te 15-18.

Great addition to my library

Lots of old info - nothing new!

Great baseball coaching book.

This book covered all areas of baseball and gave specific examples that can be implemented by

any coach that will improve their team.

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