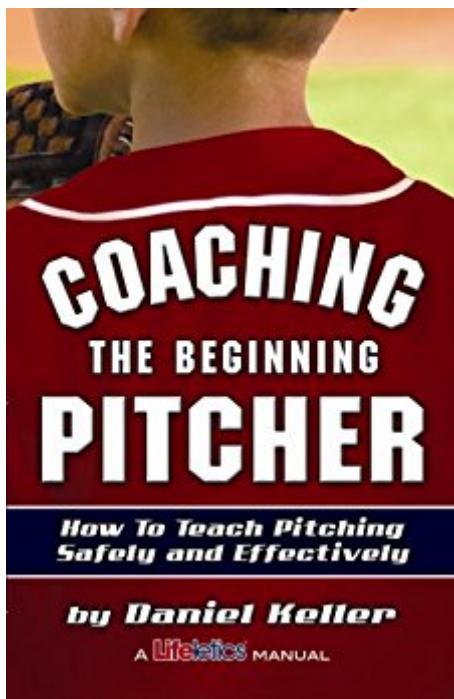


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# Coaching The Beginning Pitcher



## Synopsis

Understand and learn to TEACH the pitching motion with innovative and effective coaching techniques and follow a proven, easy-to-follow plan for training and developing young pitchers. Here is your complete coaching reference to pitching mechanics, arm care, pick-offs, mound presence, mental strategy, common flaws and fundamental drills. This book will be the most valuable piece of coaching equipment you own! **BENEFITS AND HIGHLIGHTS:** • Learn to TEACH pitching in addition to understanding it. • Avoid injury and keep athletes having fun on the mound. • Help athletes tackle tough mental challenges related to the pitcher position. • Identify and fix common flaws and errors. • Set up effective training programs, efficient practices and complete throwing schedules. **TESTIMONIALS:** "This book shows you how to teach your son and work with his teammates; monitor arm health and throwing loads; coach pick-off moves; and increase mound presence. The mental approaches taught in this book are extremely powerful and effective." • ~Dave Serrano, Cal State Fullerton Head Baseball Coach "This book is a must for those considering coaching or instructing youth baseball and a huge help for those who have already begun coaching. PONY Baseball (Protect Our Nation's Youth) believes in the protection of our participants and books, like Dan's, support our mission." ~Abe Key, PONY Baseball League, International President and CEO **ABOUT THE AUTHOR:** Dan Keller, with experience providing over 10,000 pitching lessons, has been a successful pitching instructor since 1999. A talented speaker and gifted writer, he has spoken to coaching groups across the country and has been published in newspaper, magazine and online media. Keller's students span from first-graders to first-rounders, and his Lifeletics Baseball Academy successfully operates team and individual training lessons, seasonal camps and clinics, success seminars, and pitching-specific programs. This book has enabled thousands to successfully teach their athletes to pitch. Grab this book, gather a plan, and get coaching.

## Book Information

File Size: 7316 KB

Print Length: 282 pages

Publisher: Lifeletics Sports; 2 edition (October 26, 2008)

Publication Date: October 26, 2008

Sold by: Digital Services LLC

Language: English

ASIN: B001JAFYW4

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #437,356 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #26  
in Kindle Store > Kindle eBooks > Nonfiction > Sports > Coaching > Baseball #59 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Baseball > Essays & Writings #94 in Kindle Store > Kindle eBooks > Education & Teaching > Teacher Resources > Education Theory > Physical Education

## **Customer Reviews**

Great book. Read it cover to cover. I'm a former infielder with two sons and no clue how to teach pitching. This book breaks it all down. Mechanics, drills, lots of pictures, and MOST importantly shows how to correct issues. Too many "Big League" books just show "how-to" (ie. How-to grip a curveball, how-to stand on the mound etc)... This book shows how to fix common mistakes and covers everything from A-Z. As a parent and former ball player, I highly recommend. Best part is, it even shows you how to throw a KNUCKLE BALL. Awesome.

I have immediately been able to impact my son's (He's 9) techniques and provide leadership to other young pitchers on his team. There are benchmarks that describe when a child is ready to move forward to a new level based on age, size and experience, so it's a book I will keep as a reference for years to come.

This is an excellent book, self training techniques that will help coaches or independent players to learn the technique for proper pitching. Well written, with good illustrations to read and look. I recommend this book for your library of teaching. Most of the techniques I had already learned from pitching camp. But this book gives you all the pitching techniques and more.

I've been coaching little league for some time, and as my boys started getting more interested in pitching I looked for a good book as guidance. The fundamentals here are perfect, and it's super easy to follow and implement into your coaching plan. No bull, after practicing these steps with my boys, they pitched in their first outings and did an amazing job. Lots of cheers! The other coaches

asked what I did, and I told them I picked up a book. This is the book. Get it!

Pitching is arguably the most pressure-heavy position in the game of baseball. "Coaching the Beginning Pitcher: How to Teach Pitching Safely and Effectively" is a guide for coaches to best teach their students what they need to know about the art of pitching. Aimed at younger players, it is not entirely devoid of useful info for older rookies. With a special focus on avoiding the dangers of throwing a heavy leather ball towards people, "Coaching the Beginning Pitcher" is a must for coaches who want safety-conscious and knowledgeable pitchers.

I have read this book and it is amazing. In just a short period of time my son and a few of his teammates are really pitching well. The drills and motion described in the book are right on. They make it simple for the kids. All my kids have great mechanics and are throwing more accurate and harder. I recommend this book to all the coaches wanting to teach the proper way of pitching to their youth baseball teams. Thanks for the help. My team is now undefeated!!

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