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**Rick
Noren**

Softball Fundamentals

**Rick Noren, Human Kinetics
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Softball Fundamentals Rick Noren, 2005-02-03 The United States has more than 2 million fastpitch softball participants 500 000 of whom are under the age of 12 Softball Fundamentals provides an easy way for beginners of all ages to learn the basic skills of the game Writer Rick Noren puts these skills together from the perspective of an award winning coach who has posted a 320 79 802 record in his 10 years at Pacific Lutheran University The 10th entry in the Sports Fundamentals series this book covers all the bases of fastpitch softball including throwing catching fielding hitting baserunning sliding and pitching in an engaging format that makes learning easy and practicing fun Each chapter presents a specific skill leading the player through a simple four step sequence You Can Do It A basic skill or tactic is introduced with sequential instructions and accompanying photographs or diagrams More to Choose and Use Variations and extensions of the primary skill are covered Take It to the Field Readers learn how to apply the skill in competition Give It a Go Drills and practice games gauge develop and hone the skill With its concise instruction supplementary photos and 48 skill sharpening drills Softball Fundamentals facilitates quicker comprehension by letting players spend less time reading and more time on the playing field Methods of Teaching the Fundamental Skills of Team Sports George B. Pearson, 1960 **Softball Fundamentals** Rick Noren, Human Kinetics (Organization), 2014-05-10 Readers will be able to take the field and play ball after Softball Fundamentals gets them pitching fielding and base running like experienced players **Health, Physical Education, Sports [catalog]** University of Illinois (Urbana-Champaign campus). Visual Aids Service, 1967 *See and Hear*, 1951 **General Catalog** Iowa State University, 1995 **Methods and Materials in Physical Education and Recreation** Charles Augustus Bucher, 1954 **Educational Films** University of Minnesota. Audio-Visual Extension Service, 1958 **Outlines in Health and Physical Education for Secondary Grades** Katharine Pontius, 1948 *Educational Films*, 1969 **Technic of Team Sports for Women** Margaret Hinkel Meyer, Marguerite Mary Schwarz, 1947 *University of Kentucky Catalogue* University of Kentucky, 1974 Journal of Health, Physical Education, Recreation, 1943 **The Video Source Book** David J. WEINER, 1990 **Bowker's Complete Video Directory, 1998**, 1998 **Educational Film Catalog** H.W. Wilson Company, 1951 **International Books in Print**, 1991 **Dissertation Abstracts**, 1964-05 *Athletic Journal*, 1984 Vols 9 12 include proceedings of the 8th 11th annual meeting of the American Football Coaches Association and of the National Association of Basketball Coaches of the United States 3d 6th annual meeting **Curriculum Planning in Secondary Physical Education**, 1981

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