



Winning Softball for Girls (Winning Sports for Girls)

Mark Gola

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According to the Amateur Softball Association, approximately 1.2 million girls play softball, and it has become the fourth most popular high school sport for girls in America. *Winning Softball for Girls* provides players and coaches with chapter-by-chapter coverage of the key elements of the game - from hitting and pitching to baserunning and conditioning - illustrated by more than 140 photographs and diagrams. Tips from members of the United States Olympic softball team and scholastic collegiate coaches help point players in the right direction. Other chapters include the fundamentals of fielding, the positions, team offense, and team defense. A glossary, bibliography, and list of organizations help readers better understand the sport.

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