

RECOMMENDED SOFTBALL RESOURCES

THOUGH NOT THE ONLY VIDEOS AVAILABLE, THOSE LISTED HAVE PROVEN TO BE THE BEST CURRENT INSTRUCTIONAL FILMS I HAVE FOUND IN MY RESEARCH.

BATTING

BASIC HITTING SKILLS - BRAGG STOCKTON
HITTING BASICS - JIM LEFEBVRE - HIGHER GROUND
DEVELOPING THE HITTER - JIM LEFEBVRE - HIGHER GROUND
SOFTBALL HITTING MADE EASIER - GREG RIDDOCH
BASIC HITTING DRILLS - A.S.A. FILM
GOLD MEDAL HITTING PART 1, 2 & 3. MANUAL

PITCHING

SOFTBALL CANADA - LEVEL 1 PITCHING
PUT ME IN COACH, I'M READY TO PITCH - DOUG NEIL
CANADIANA SOFTBALL SCHOOL
DEVELOPING STRENGTH & EXPLOSIVENESS FOR PITCHERS
BY KATHY VAN WYK & ALISON WITTEW
PITCHING MECHANICS - DONNA LOPIANO
GOLD MEDAL SOFTBALL PITCHING - MANUAL SERIES LEVEL 1 & 2

CATCHING

DEVELOPING THE CATCHER - KATHY VAN WYK - HIGHER GROUND
FILM
GOLD MEDAL BASEBALL & SOFTBALL CATCHING - MANUAL

FUNDAMENTALS

BASEBALL SKILLS AND DRILLS - BRAGG STOCKTON
A.S.A. SKILL DRILLS

STRATEGY

A.S.A. SOFTBALL STRATEGY - CINDY BRISTOW
FILM COVERS BASIC POSITION SKILLS AND GAME STRATEGY
GOLD MEDAL SOFTBALL STRATEGY - MANUAL

PHYSICAL TRAINING.

GOLD MEDAL CONDITIONING FOR SOFTBALL AND
BASEBALL - MANUAL

MENTAL PREP

WHAT YOU SEE IS WHAT YOU GET - VIDEO - CAL BOTTERILL
IN PURSUIT OF EXCELLENCE - TERRY ORLICK - AUDIO TAPE
PREPARING MENTALLY TO PERFORM PHYSICALLY - AUDIO TAPE
SASK FIRST PROGRAM
GOLD MEDAL PERFORMANCE, MANUAL ON MENTAL SKILLS
TRAINING

HIGHER GROUND
P.O. BOX 741
TIFTON GEORGIA 31793
TEL: 1-800-892-7360
FAX: (912) 386-9770