

The Baseball Coaching Bible The Coaching Bible Series

Eventually, you will categorically discover a supplementary experience and capability by spending more cash. nevertheless when? pull off you take that you require to acquire those all needs afterward having significantly cash? Why dont you try to acquire something basic in the beginning? Thats something that will guide you to understand even more approaching the globe, experience, some places, like history, amusement, and a lot more?

It is your entirely own epoch to put on an act reviewing habit. in the midst of guides you could enjoy now is **The Baseball Coaching Bible The Coaching Bible Series** below.

The Baseball Coaching Bible - Jerry Kindall 2000

Coaching Youth Baseball the Ripken Way - Cal Ripken, Jr. 2006-12-15

Coaching young players, developing their skills, and cultivating a love for the sport may be the most rewarding experience baseball can offer. Cal and Bill Ripken understand this like few others. From their father, Cal Sr., a legend in the Baltimore Orioles organization for 37 years, they learned to play the game the right way. Those lessons, paired with their combined 33 years of big league experience, helped develop the Ripken Way, a method of teaching the game through simple instruction, solid explanations, encouragement, and a positive atmosphere. In *Coaching Youth Baseball the Ripken Way*, Cal and Bill share this approach to coaching and development. Whether you're teaching your children at home, managing the local travel team, or working with high school-level players, *Coaching Youth Baseball the Ripken Way* will help you make a difference both on and off the field, with these features: -More than 50 drills covering defense, hitting, pitching, and baserunning -Age-specific practice plans for players ranging from 4 to 15+ -Strategies for setting goals and reasonable expectations for your players and team -Advice on communicating with parents, players, and staff -Methods for creating a positive and fun environment in which kids can learn the skills and strategies of the game Bill Ripken was once voted by his peers as one of the big league players most likely to become a manager. Cal Ripken, Jr., known as baseball's Iron Man, is a member of the game's All-Century Team and a future Hall of Famer. Together, they are proof positive that the Ripken Way is the right way to teach the game of baseball.

The Swim Coaching Bible - Dick L. Hannula 2012-04-09

For more than a decade, top coaches have turned to one resource time and time again. Collecting the wisdom, insights, and advice from the sport's legendary instructors, *The Swim Coaching Bible* immediately established its place in the libraries of swim coaches around the globe. Coaches, it's time to make room alongside that classic for a new resource! *The Swim Coaching Bible, Volume II*, picks up where the original left off, providing more instruction, guidance, and expertise on every aspect of the sport. Inside, you'll learn the secrets, strategies, and philosophies of 27 of today's most successful coaches, including these legendary leaders: • Jack Bauerle • George Block • Mike Bottom • Bob Bowman • Sid Cassidy • John Urbanchek • Bill Rose • Vern Gambetta • David Durden • Brett Hawke • Gregg Troy • John Leonard • Dick Shoulberg • David Marsh • Teri McKeever • Bill Sweetenham From developing swimmers to building a winning program, teaching the nuances and refining stroke techniques to applying the latest research to training and conditioning programs, it's all here. Endorsed by the World Swimming Coaches Association, this new collection is another landmark work in competitive swimming. If you coach the sport or want a competitive edge, *The Swim Coaching Bible, Volume II*, is a must-own.

The Soccer Coaching Bible - National Soccer Coaches Association of America 2004-01-09

With *The Soccer Coaching Bible*, you can draw from the expertise and experience of 30 of the game's most successful coaches, learning new and better ways to coach the game and develop your players. The National Soccer Coaches Association of America (NSCAA) assembled an all-star lineup of 30 coaches to tackle every important aspect to coaching the sport. On- and off-field duties are covered in detail, and the material in each chapter is rich with the voice of experience. From Anson Dorrance's chapter on organizing and orchestrating a winning program to Lauren Gregg's chapter on creating the ideal training environment, this

book provides the answers you've been looking for. Steve Sampson explains the technical and tactical nuances of controlling the ball, and Tony DiCicco encourages and informs mentoring developing players and coaches. The vast coaching expertise is divided into six sections, making it easy to choose what to implement into your program: Priorities and Principles by Cliff McCrath, Joe Bean, Layton Shoemaker, and George Perry Program Development and Management by Anson Dorrance, Charlie Slagle, John Rennie, Mike Jacobs, and Joe Morrone Optimal Training for Learning and Performance by Lauren Gregg, Jeff Tipping, Barry Gorman, and Ron McEachen Technical and Tactical Insights for Competitive Success by Steve Sampson, Jim Lennox, Peter Mellor, Tony Waiters, Jay Hoffman, and Schellas Hyndman Player and Team Development and Motivation by Al Miller, Tracey Leone, Jay Martin, Miller Bugliari, Tim Schum, Chris Petrucelli, and Colleen Hacker Growth Opportunities in the Coaching Role by Jeff Vennell, Peter Gooding, Tony DiCicco, and Glenn Myernick Each time you open this book you'll learn something new and useful for your next practice, game, or season. Whether you coach at the club, high school, or college level, *The Soccer Coaching Bible* is an essential addition to your coaching library.

Youth League Baseball - Skip Bertman 1993

Skip Bertman, coach of the 1994 NCAA Champion Louisiana State University Tigers, has devoted each chapter of this book to a specific phase of the game. The text includes information on basic skills, such as hitting and catching, as well as on more complex matters such as position-specific abilities.

Nolan Ryan's Pitcher's Bible - Nolan Ryan 1991-04-15

Offers advice on the mechanics of pitching, and recommends a program of weight training, aerobic exercise, and sound nutrition.

Baseball Coaching - Marty Schupak 2017-04-15

Youth baseball coach Marty Schupak shares his 25 years coaching Little League baseball. From picking teams to dealing with parents, this book covers just about everything a coach or parent needs to know about youth baseball. Coach Schupak covers the most fundamental techniques of throwing, hitting, pitching, baserunning as well as some of the biggest problems youth coaches face and how to handle them. The drills section has over 100 creative easy to follow drills with over 200 color pictures. There is a sample practice section that lays out in detail 60 different practices that youth baseball coaches can easily follow during the course of a season. This book is appropriate for parents, coaches and leagues with kids 6-12 years old.

The Volleyball Coaching Bible, Volume II - American Volleyball Coaches Association (AVCA) 2015-05-01

Learn how to establish a successful high school, college, or beach volleyball program. In this resource, 20 successful volleyball coaches share how to set expectations, build a positive and winning culture, recruit, and run camps. Endorsed by the AVCA, the book includes drills used by top coaches for each position, developing a scouting report as well as in-game strategies for match situations.

Love Does - Bob Goff 2012

Recounts lessons the author learned through taking on challenging and unique opportunities, offering commentary on the inherent compatibility of adventure and the Christian life as well as love's ability to encourage and inspire action.

Defensive Baseball - Rod Delmonico 1996

Position-by-position as well as overall team defensive strategies are presented in a concise, easy-to-understand format. Seasoned college coach Delmonico demonstrates his points with scores of photos and

diagrams making this one of the best visual-aid instructional baseball books available.

[The Dugout Bible](#) - Rob Shoemaker 1997

The Baseball Drill Book - American Baseball Coaches Association 2004

Offers 198 activities for baseball players' training. Covers drills for warm-up, throwing, catching, base running, hitting, pitching, and fielding.

[Youth Baseball Bible](#) - Dan Gray 2018-12-08

Youth baseball instruction guide for coaches, parents and players. Written by Dan Gray, former MLB catcher with the LA Dodgers and who now runs a two-location instructional academy in Mount Kisco and Port Chester, NY.

[The Hockey Coaching Bible](#) - Joseph Bertagna 2015-09-24

Featuring the insights, strategies, and experiences of the sport's top coaches, The Hockey Coaching Bible sets a new standard for those who teach the game, develop the players, and dominate the ice. Whether head coach or assistant, at the youth level or professional, you will find a wealth of information to improve performance and strengthen your program. You'll go inside the game with 16 of hockey's most respected teachers: • Joe Bertagna • Bill Cleary • Tom Anastos • Guy Gadowsky • Mike Schafer • Marty Palma • Hal Tearse • Mike Cavanaugh • Jack Parker • Rick Comley • Mark Dennehy • Ben Smith • E.J. McGuire • George Gwozdecky • Nate Leaman • Mike Eaves Every facet of coaching is covered. The book features the most effective drills for developing players at each position and in-game strategies for various game situations, including offensive, defensive, and neutral-zone play and power plays and penalty kills. In addition to on-ice Xs and Os, you'll find sage advice for building a program from the ground up, furthering your professional development as a coach, and gaining community and parental support for projecting a positive image and earning the respect of your players and supporters. Never has there been a more comprehensive coaching resource on the game. With The Hockey Coaching Bible, you'll build your program into a powerhouse.

[How to Coach Youth Baseball So Every Kid Wins](#) - Jeffrey Ourvan 2012-02-01

Coaching youth baseball is tough. Not only do coaches have to teach kids the fundamental skills of the game, they also have to know how to select a team, how to run efficient practices, and how to deal with parents and umpires. Furthermore, they have to make sure the game is fun for all the kids on their team. Jeff Ourvan is an experienced youth baseball coach who has determined that what makes the experience of little league so special is the values it teaches. In How to Coach Youth Baseball So Every Kid Wins, he outlines a plan of action for youth coaches to follow that will enable them to field a team that plays together, plays well, and has lots of fun in the process.

Baseball Skills and Drills - Mark Johnson 2001

Top college baseball coaches offer drills for players at all levels. Focuses on hitting, baserunning, fielding, pitching, and catching.

Heads-Up Baseball - Ken Ravizza 1995-06-01

"This book provides practical strategies for developing the mental skills which help speed you to your full potential."---Dave Winfield What does it mean to play heads-up baseball? A heads-up player has confidence in his ability, keeps control in pressure situations, and focuses on one pitch at a time. His mental skills enable him to play consistently at or near his best despite the adversity baseball presents each day. "My ability to fully focus on what I had to do on a daily basis was what made me the successful player I was. Sure I had some natural ability, but that only gets you so far. I think I learned how to focus; it wasn't something that I was necessarily born with." -- Hank Aaron "Developing and refining my mental game has played a critical role in my success in baseball. For years players have had to develop these skills on their own. This book provides practical strategies for developing the mental skills that will help speed you toward your full potential." -- Dave Winfield

Our Time - Scott Illiano 2011-10-06

A coach is part teacher, part parent, part student, part mentor, and part guru. He must possess a stern hand and a comforting touch—and the wisdom to discern when each is needed. Each decision he makes is a part of a perilous high wire act that can propel a team forward or send a season tumbling downward. But when does a coach truly become a coach? Is it after some athletic director looks across the desk, offers his hand,

and says, "Congratulations, you've got the job?" Is it after that first win? That first championship? Or is it when all those nagging questions in the back of the mind finally stop nagging? Scott Illiano, head baseball coach of the West Essex High School Knights, chronicles his incredible journey from waiter in a chain restaurant to veteran coach in *Our Time*. Discover how an unproven coach and a patchwork group of underdogs battle injuries, biting cold temperatures, and fierce competition in their quest to win the Greater Newark Tournament, the oldest and most prestigious baseball tournament in the state of New Jersey. Twenty kids and four coaches share a dream and a whole lot of heart. Through their journey, in victory and defeat, struggle and success, readers will find out when a coach becomes a coach.

Game Planning and Play Calling in the Age of the RPO - Rich Hargitt 2018-11-23

Play calling is one of the most important parts of having a successful offense. Every team has a playbook, but how do you use those plays in the right situations to maximize your offensive production? This book covers topics including: -The difference between P & 10 and 1st & 10-The Trinity of Game Planning (Matchups, Leverage, & Grass) and how they make preparation easier.-Scripting your openers-Calling plays in the Red Zone-Specific plays for Specific Down & Distances-And more! This book is a one-of-a-kind look at the processes and patterns behind Rich Hargitt's game planning and play calling tendencies, as well as the specific plays Coach Hargitt likes in each situation.

Coaching Baseball For Dummies - The National Alliance For Youth Sports 2011-04-18

If you are a baseball fan, then coaching youth baseball is one the most enjoyable and rewarding activities you'll experience. But what if you've never coached before? Or you haven't played the game in a while and have forgot some key points to the sport? No worries! *Coaching Baseball for Dummies* guides you through the rules of the game, explaining all the essential skills and the best ways to teach them to your players. Covering different age groups and great practice routines, this guide is all you need to have a fun-filled season. You'll discover how to: Fulfill the role of being a coach and parent Develop a coaching philosophy Understand how your league works Evaluate your team Teach your players fundamentals Understand all kinds of children Create your practice plan Prepare for game day Overcome challenges and problems This plain-English guide also -shows you how to run all kinds of drills, from hitting and pitching to fielding and base running. And when your team is tense or low on morale, it shows you how to relax your players and keep them focused on the game. There are also suggestions for making your season, and theirs, a memorable one. *Coaching Baseball for Dummies* shows you how much fun it can be to train kids to be athletes, have good sportsmanship, and work together as a team.

[Practice Perfect Baseball](#) - American Baseball Coaches Association 2010

Collegiate coaches from the American Baseball Coaches Association team up for *Practice Perfect Baseball*, the ultimate guide to organizing, running and evaluating baseball practices. Their advice will help coaches from youth leagues through college ball prepare players in the field, on the mound, at the plate and on the bases. The book covers every key aspect of preparing players for competition, from session organization and assessment to establishing work ethic and providing tips for improvement. Original.

The Volleyball Coaching Bible - Donald S. Shondell 2002

The Volleyball Coaching Bible - American Volleyball Coaches Association (AVCA) 2015-06-01

Building on the success of the first volume of *The Volleyball Coaching Bible*, the American Volleyball Coaches Association (AVCA) brings you *The Volleyball Coaching Bible, Volume II*. Featuring contributions from 20 of the top volleyball minds in the game today, this resource will help you build your program, shape and improve your team, and sharpen your coaching skills in key areas such as these: • Building and managing your program • Developing players' skills by position • Establishing and implementing match strategy • Training and conditioning athletes • Offensive tactics • Scouting and analyzing opponents • Evaluating statistics and using them to your advantage • Planning practices *The Volleyball Coaching Bible, Volume II* presents the drills top coaches use for developing players at each position and offers insights on in-game strategies for various match situations, including strategic serving, defensive schemes, and on-the-go decision making. In addition to on-court Xs and Os, you'll learn what it takes to establish a successful high school, college, and beach volleyball program. Setting program expectations and tactics, building a positive and winning culture, recruiting the right way, and running camps are all keys to sustained program success

shared in *The Volleyball Coaching Bible, Volume II*. Endorsed by the AVCA and edited by volleyball coaching legend Cecile Reynaud, *The Volleyball Coaching Bible, Volume II* covers the entire court in describing and coaching the nuances of the game and shaping a successful program. It's a practical and motivational resource that you'll refer to season after season in your coaching career.

[Absolute Beginner's Guide to Coaching Youth Baseball](#) - Tom Hanlon 2005

Are you ready to coach the Cubs to a championship victory? How about a little league or T-ball championship? Not ready for either one? We can help! *Absolute Beginner's Guide to Coaching Youth Baseball* is a beginning youth baseball coach's ultimate reference guide. Your practice time is probably already limited, so don't waste it trying to figure out what to do. Plan ahead with our easy-to-follow chapters that cover: identifying your roles and expectations as a coach, tailoring instruction to your age group, creating a safe playing environment, knowing how to coach effectively during games, celebrating victories and much more. Our book web page will be a coaching resource as well, with downloadable practice plans, emergency information cards, injury reports, awards and certificates, and season evaluation forms. Go into day 1 as if its day 1001 of your coaching career with the help of *Absolute Beginner's Guide to Coaching Youth Baseball*.

[The Softball Coaching Bible, Volume II](#) - National Fastpitch Coaches Association 2013-11-05

In *The Softball Coaching Bible, Volume II*, the NFCA has assembled a stellar lineup of coaches who share the insights that have helped them establish successful programs. This book presents the most comprehensive information on fielding, hitting, training, forming a coaching staff, and helping develop well-rounded student-athletes.

[The Superstar Hitter's Bible](#) - Bernardo Leonard 1998

The commandments of hitting.

Science of Hitting - Ted Williams 1986-04-29

Features the legendary hitter's guidance in all the basics and finer points of hitting and includes his analysis of the great hitters of the seventies and the eighties, including Rose, Brett, Carew, and Murray

Coaching Baseball Successfully - Mike Curran 2007

Top high school baseball coach Mike Curran shares his coaching strategies, covering topics such as off-season planning, player evaluation, utilizing the coaching staff, organizing practices, creating effective drills, planning offensive and defensive strategies, scouting, game preparation, and in-game decision making.

[Baseball Strategies](#) - Jack Stallings 2003

With contributions from some of the most successful baseball coaches in the country, this comprehensive guide has detailed coverage of offensive, pitching, and defensive tactics. 80 illustrations.

Baseball Playbook - Ron Polk 1985

The Play Book, the ultimate resource guide in baseball is truly an A to Z reference guide for coaching, playing and organizing team play at all levels of baseball. The 500+ page volume is the basis for Team USA's play book and provides it's readers insights of how to play the game, develop players, maintain your facilities and enjoy the game of baseball. The Play Book is the absolute best reference guide to the sport.

[Coaching the Mental Game](#) - H. A. Dorfman 2017-03-01

Whoever claims winning isn't everything obviously has not spoken with an athletic coach. *Coaching the Mental Game* offers coaches of all sports a definitive volume for effectively understanding an athlete's mental awareness, which in turn will help drive success. Author H.A. Dorfman details appropriate coaching strategies aimed at perfecting the player's mental approach to performance. *Coaching the Mental Game* will become the Bible for coaches who strive to make their athletes the most complete performers possible. Not only a wonderful asset to athletic coaches, this book will also prove to be a motivational resource for workers in all industries as well as in the game of life.

[Winning Baseball](#) - Trent Mongero 2011

From age-appropriate drills to motivation strategies, this step-by-step guide to youth baseball offers all the information parents and coaches need to help young players reach their full potential.

The Baseball Coaching Bible - Jerry Kindall 2000

Presents a comprehensive guide to coaching baseball with contributions from twenty-seven coaches who share their secrets to winning; and offers advice on building and managing a program, practice sessions, team strategies, player motivation and leadership, and making baseball fun.

The Football Coaching Bible - 2002

The Football Coaching Bible features many of the game's most successful coaches. Each shares the special insight, advice, and strategies they've used to field championship-winning teams season after season.

[CSB Coach's Bible](#) - Fellowship of Christian Athletes 2023-03-15

Since 1954, the Fellowship of Christian Athletes has challenged coaches and athletes to impact the world for Jesus Christ by integrating athletics and faith, reaching millions worldwide. The CSB Coach's Bible, developed in partnership with FCA, features 365 daily devotions written by coaches for coaches of all sports. Other helpful tools are included to encourage coaches to spend regular time with God and be a valuable resource for conversation and discipleship with the athletes they lead. FEATURES 365 daily devotions written by coaches for coaches Special front matter section including "The FOUR" gospel presentation, "The CORE," "Coach 360," and other E3 discipleship resources for coaches accessible via QR codes 365 "Topical Group Studies" placed throughout the Bible alongside the corresponding scripture passage Book introductions for all 66 books of the Bible with book specific reading plans Durable Smyth-sewn lay-flat binding Two-column text format Topical subheadings 9-point type size Words of Christ in red Footnotes Gilded page edges Ribbon marker for easy referencing between pages Topical Concordance Presentation page for gift-giving Full-color maps The CSB Coach's Bible features the highly readable, highly reliable text of the Christian Standard Bible® (CSB). The CSB captures the Bible's original meaning without sacrificing clarity, making it easier to engage with Scripture's life-transforming message and to share it with others.

[Coaching with the Scriptures](#) - Gerald Davis 2008-12

Do you want to become a better coach? *Coaching with the scriptures* is a practical guidebook of biblical scriptures and experiences that is geared to help the novice and the professional. Whether you're a coach, parent, or educator, the Bible is filled with powerful and relevant truths that will enhance your skills as a teacher and ambassador of your given sport. *Coaching with the Scriptures* can also be used as a daily devotional to start the day of any busy individual. Basketball - Football - Baseball - Soccer: It doesn't matter. The word of God works for any sport, but only if you work the word. Gerald T. Davis has over 20 years of coaching experience. He has coached both men's and women's basketball in high school and college. Gerald holds a bachelor's degree in psychology from the college of New Rochelle and a Master's degree from St. John's University in Education. The Brooklyn native resides in Mount Vernon, New York with his beautiful wife Roxane Davis.

[The Uncompromising Athlete](#) - Ryan Limbaugh 2020-08

The *Uncompromising Athlete* is a serious study of the Old Testament book of 1 Samuel. It is a Bible study designed specifically for coaches. It is not merely a devotional guide or inspirational book. It is a guided tour through the epistle to the Philippians with an emphasis on helping coaches apply the Word of God to the nitty-gritty details of team leadership. If you are an athlete who is serious about leading for God's glory with no compromise, then *The Uncompromising Athlete* is a worthy consideration. It will help every athlete understand and embrace the divine call that sounds forth in 2 Timothy 2:4-5, "No soldier gets entangled in civilian pursuits since his aim is to please the one who enlisted him. An athlete is not crowned unless he competes according to the rules."

[Tailgater's Guide to SEC Football](#) - Chris Warner 2000-08-09

The definitive guide to the nation's toughest football conference; the Bible of SEC Football, the fascinating history of the nation's toughest football conference told by one of the best storytellers in the business, Dr. Chris Warner. *Tailgater's Guide to SEC Football Volume V* - The definitive guide to the history and traditions of the 14 schools of the Southeastern Conference (2020). Contains profiles of great players and coaches, school histories, recipes, famous alumni, where to shop and golf, etc. The Bible of SEC Football. \$15.95 Paperback, 320 pages. Synopsis: "Dan Jenkins, author and sportswriter, simply summed up the popularity of the game of football in the South with the following statement: "To Southerners, football is as essential as air conditioning." The irreplaceable "Voice of the Volunteers" on radio during the 1950's, George Mooney, once stated, "...No matter where I was broadcasting from, I found the fans in the South to be knowledgeable, fair—and yes, loud and frenzied. They are very proud of their rich football heritage. And they are very proud of their schools, their teams—and the deep pride that goes with being from the South." Late legendary college football commenter Keith Jackson, in describing the SEC Football experience, once aptly stated that"

...there are few instances of alleged entertainment and relaxation that can match a college football game in stirring the deepest flames of partisanship and outright provincialism. And down South you can color that partisanship passionate!" Southeastern Conference Football is the paragon of the college athletic experience. During its storied, 87-year existence, the SEC has evolved into the most impressive league of organized, intercollegiate gridiron competition in the history of the United States. No other Football Bowl Subdivision (FBS) conference can boast of the many accolades and attendance records that the SEC currently holds. Furthermore, the Southeastern Conference has produced more All-American football players than any other conference. This book is dedicated to all the Southern people who live for Saturdays in the fall, for those individuals who plan their business and personal engagements around their favorite team's football schedule; for those who always experience a rise in their body temperature when they enter the stadium; for those who shed a tear during the singing of their alma mater; and especially, for those who know all the words to their school's fight song. It is for the people who wake up early on Sunday morning after a win so they can read each and every one of the sports columns about the game they witnessed the day before. It is for all those who enjoy good company and good food in the parking lot before the game, as much, and if not more, than the food and company at a fancy restaurant. These things that we hold dear - all true SEC fans know and love, and look forward to each autumn. It's that time of year when the heated summer temperatures begin to fade and yield to colder days, when the leaves begin to change color, and when the youthful partisan spirit within us all crackles like the kindling of a well-planned winter fire.

The Matheny Manifesto - Mike Matheny 2017-03-28

St. Louis Cardinals manager Mike Matheny's New York Times bestselling manifesto about what parents, coaches, and athletes get wrong about sports; what we can do better; and how sports can teach eight keys to success in sports and life. Mike Matheny was just forty-one, without professional managerial experience and looking for a next step after a successful career as a Major League catcher, when he succeeded the legendary Tony La Russa as manager of the St. Louis Cardinals in 2012. While Matheny has enjoyed immediate success, leading the Cards to the postseason four times in his first four years—a Major League record—people have noticed something else about his life, something not measured in day-to-day results. Instead, it's based on a frankly worded letter he wrote to the parents of a Little League team he coached, a cry for change that became an Internet sensation and eventually a "manifesto." The tough-love philosophy

Matheny expressed in the letter contained his throwback beliefs that authority should be respected, discipline and hard work rewarded, spiritual faith cultivated, family made a priority, and humility considered a virtue. In The Matheny Manifesto, he builds on his original letter by first diagnosing the problem at the heart of youth sports—it starts with parents and coaches—and then by offering a hopeful path forward. Along the way, he uses stories from his small-town childhood as well as his career as a player, coach, and manager to explore eight keys to success: leadership, confidence, teamwork, faith, class, character, toughness, and humility. From "The Coach Is Always Right, Even When He's Wrong" to "Let Your Catcher Call the Game," Matheny's old-school advice might not always be popular or politically correct, but it works. His entertaining and deeply inspirational book will not only resonate with parents, coaches, and athletes, it will also be a powerful reminder, from one of the most successful new managers in the game, of what sports can teach us all about winning on the field and in life.

Ninety Percent Mental - Bob Tewksbury 2018-03-20

Former Major League pitcher and mental skills coach for two of baseball's legendary franchises (the Boston Red Sox and San Francisco Giants) Bob Tewksbury takes fans inside the psychology of baseball. In Ninety Percent Mental, Bob Tewksbury shows readers a side of the game only he can provide, given his singular background as both a longtime MLB pitcher and a mental skills coach for two of the sport's most fabled franchises, the Boston Red Sox and San Francisco Giants. Fans watching the game on television or even at the stadium don't have access to the mind games a pitcher must play in order to get through an at-bat, an inning, a game. Tewksbury explores the fascinating psychology behind baseball, such as how players use techniques of imagery, self-awareness, and strategic thinking to maximize performance, and how a pitcher's strategy changes throughout a game. He also offers an in-depth look into some of baseball's most monumental moments and intimate anecdotes from a "who's who" of the game, including legendary players who Tewksbury played with and against (such as Mark McGwire, Craig Biggio, and Greg Maddux), game-changing managers and executives (Joe Torre, Bruce Bochy, Brian Sabean), and current star players (Jon Lester, Anthony Rizzo, Andrew Miller, Rich Hill). With Tewksbury's esoteric knowledge as a thinking-fan's player and his expertise as a "baseball whisperer", this entertaining book is perfect for any fan who wants to see the game in a way he or she has never seen it before. Ninety Percent Mental will deliver an unprecedented look at the mound games and mind games of Major League Baseball.