

SOFTBALL

The World's #1 Source for Quality Coaching Instruction!

NEW!

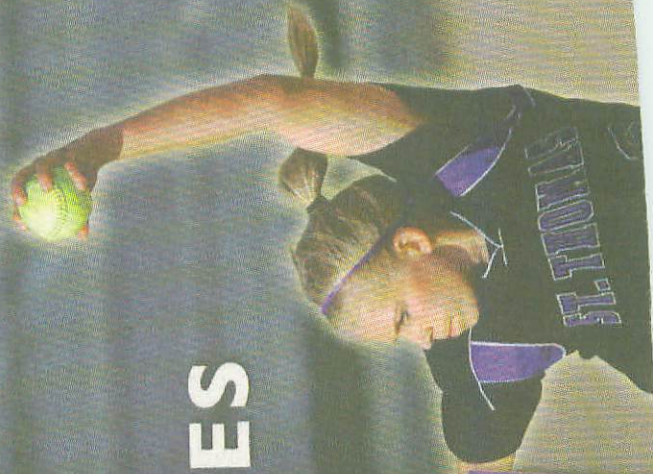
MEGA

SOFTBALL DRILLS SERIES

MEGA
SOFTBALL DRILLS:
PITCHING

MEGA
SOFTBALL DRILLS:
HITTING

MEGA
SOFTBALL DRILLS:
FIELDING



For more softball products and sample video clips go to ChampionshipProductions.com

OVER 250
TIME-TESTED
DRILLS

MEGA SOFTBALL DRILLS SERIES

*featuring John Tschida, University of St. Thomas Head Coach;
All-time winningest Division III softball coach
3x national championship coach, 2x NECA Division III National Coach of the Year*

Mega Softball Drills: Hitting

- See over 110 hitting drills to fix over 70 common problems in your players' swings
- Improve bat control
- Generate more bat speed

Develop a short, quick, efficient swing! Coach Tschida leads you through a comprehensive video library of all the drills needed to perfect the fundamentals and the mechanics required to drive the softball. Tschida demonstrates, step-by-step, how to build a mechanically proper swing. He then leads you through 70 common mistakes players make in their swings and shows you how you can help them correct these faults. Tschida's covers the fundamentals, faults and corrections for the Stance, Loading Phase of the Swing, Unloading Phase of the Swing, Rotation Phase of the Swing, Bat Lag Phase of the Swing, Contact Phase of the Swing, Extension Phase of the Swing and more. Tschida's drills cover the areas of rhythm and timing, load and trigger, linear stride, rotation, power and bat speed, elbow connection and contact, extension, bat control, and adjustments. With these drills and corrections you will be able to turn your player into fundamentally sound hitters.

SD-3380A | DVD | 265 minutes | 2009 | \$79.99

Mega Softball Drills: Pitching

- Build your players' wrist snap, balance, rotation, arm circles, follow through, velocity and control
- Over 90 drills, with immediate feedback, that allows players to evaluate their mechanics and make changes as necessary

Develop better control and more explosion in your pitchers. Coach Tschida demonstrates drills that will help you work with your players to correct common mistakes in their pitching form to develop effective throws. Starting with wrist snaps to build the throwing motion, Tschida demonstrates drills that encourage your players to maintain a loose wrist and loose arm. These drills eliminate restrictions in your pitchers delivery, which will give you top velocity. Tschida moves to drills that will help





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TIM WALTON

UNIVERSITY OF FLORIDA

"This video series demonstrates the drills and techniques we use extensively at Florida to make our athletes the best they can be."

— Tim Walton,
University of Florida Head Coach

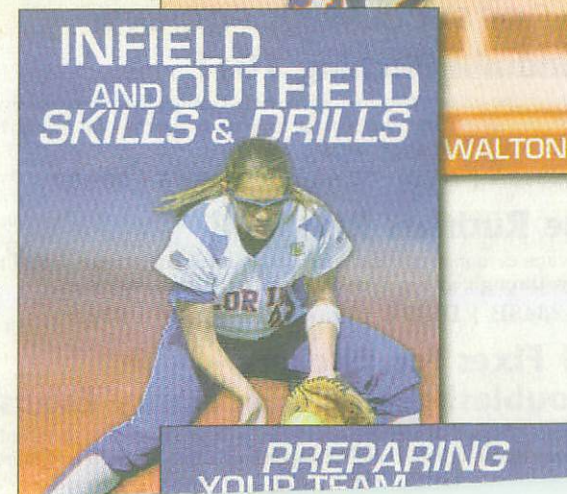
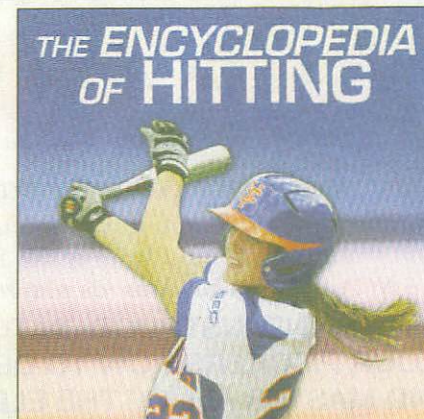
The Encyclopedia of Hitting

Coach Walton takes you through his extensive hitting program of drills and confidence-building strategies. Walton starts with special hitting approaches including different slaps and bunts and the game situations that make them effective. From there Walton teaches his six hitting strategies: Building the swing, visual preparation, game preparation, mental preparation, in-game adjustments and post-game adjustments. Within these strategies, Walton presents an expansive set of drills that help build and improve on your hitter's confidence, technique and timing. He takes into account all the different types of hitters from quick-running bunters and slappers to power hitters, and gives you special advice for each.

SD-3220A | DVD | 97 minutes | 2009 | \$39.99

Infield and Outfield Skills & Drills

With the help of his Assistant Coach Jenny Gladding, Coach Walton shows you an extensive list of drills they use to get the most out of their infield and



The Softball Pitching Factory

featuring *Nancy Evans*,
former University of Arizona Assistant Coach,
1998 National Player of the Year,
6 NCAA Championships (as player & coach)

**DRILLS AND INSTRUCTION TO SHOW
YOUR PITCHERS HOW TO DEVELOP
AND MASTER ALL OF THE ELEMENTS
OF SUCCESSFUL PITCHING!**

Windmill Pitching 101!

Using one-on-one player-coach demonstration, Evans breaks down every step in the pitching process from choosing the best grip to the full pitch and fielding position.

SD-2348A | DVD | 77 minutes | 2005 | \$39.99

The Ruthless Rise Ball!

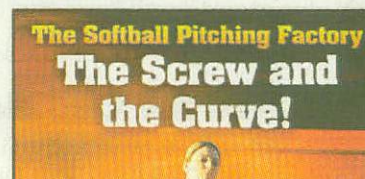
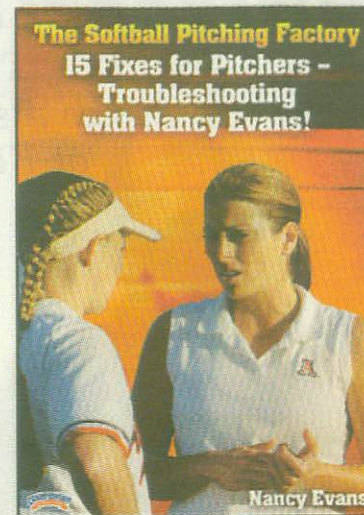
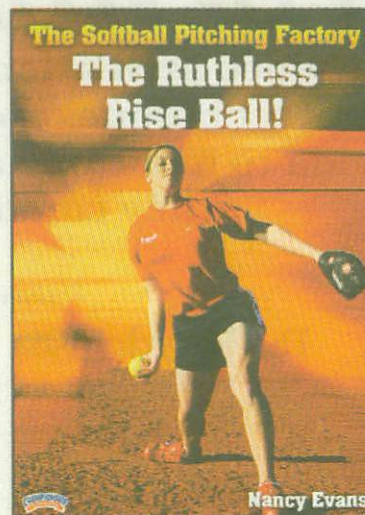
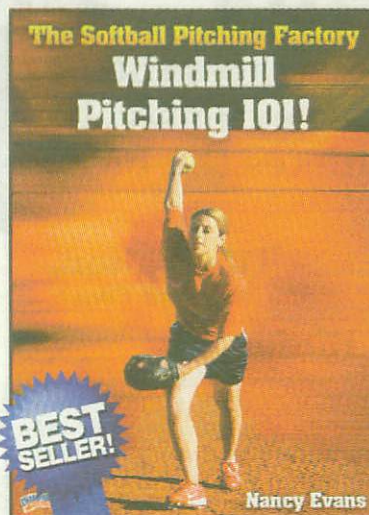
Evans demonstrates the grips, body mechanics, release and the follow-through, and includes how, when and why to throw it.

SD-2348B | DVD | 48 minutes | 2005 | \$39.99

15 Fixes for Pitchers – Troubleshooting with Nancy Evans!

Evans demonstrates tips and drills to correct flawed pitching motions that hamper a pitcher's speed, accuracy, motion and more.

SD-2348C | DVD | 65 minutes | 2005 | \$39.99

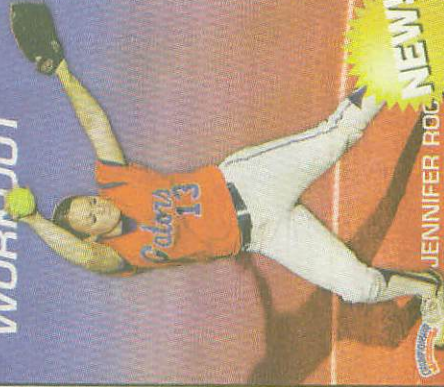




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PITCHING

THE COMPLETE PITCHING WORKOUT



NEW!
JENNIFER ROCHA

#1 IN THE NATION IN 2009
EARNED RUN AVERAGE (0.57 ERA)

The Complete Pitching Workout

with Jennifer Rocha, University of Florida Pitching Coach

Florida Pitching Coach Jennifer Rocha takes you through an extensive five-day workout that the Gators use to prepare pitchers for game day. Each day presents a variety of challenges for your pitchers including fundamentals, great drills, work on spin pitches, locating pitches, endurance, game situations and more. Rocha teaches, coaches, and demonstrates specific drills to work on all areas of the workout. This five day workout program that will have your pitchers coming the ballpark loose, focused, and ready to play.

SD-3220D | DVD
82 minutes | 2009 | \$39.99

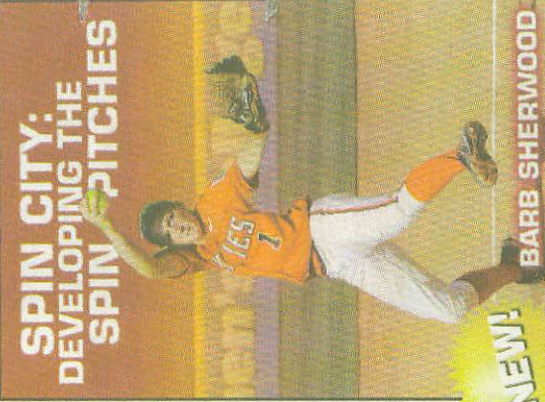
Spin City: Developing the Spin Pitches

with Barb Sherwood, Virginia Tech Pitching Coach;

with demonstration from Angela Tinchler, 2008 USA Softball Player of the Year

Coach Sherwood breaks down the game's most popular pitches – the drop ball, the curve ball, the screw ball, and the rise ball. Sherwood uses four- and five-step drill progressions to build each of these movement pitches. Each progression begins close to the plate with basic wrist snap and advances to the full throw with an emphasis on body position and weight transfer. As a bonus, Sherwood instructs her pitchers to mix pitches from the mound to illustrate the variety of spin and ball movement.

SD-3187B | DVD
38 minutes | 2009 | \$39.99



NEW!
BARB SHERWOOD

WINNING PITCHING DRILLS

with Linda Wells, former Arizona State University Head Coach

Winning Pitching Drills has something for pitchers at all levels! The first section, Beginner Drills, works with the whole/part/whole wrist snaps. Isolated wrist snaps not isolated wrist

Fundamentals of Pitching

featuring Mike Candrea, USA Softball Womens National Team Head Coach; and Cat Osterman, Pitcher for the USA Softball Women's National Team and one of only two



FUNDAMENTALS OF PITCHING

HITTING

THE ENCYCLOPEDIA
OF HITTING



#3 IN THE NATION IN 2009
TEAM BATTING AVERAGE (.332)

The Encyclopedia of Hitting

with *Tim Walton, University of Florida Head Coach;*
2008 SEC Coach of the Year

Coach Walton teaches his six hitting strategies: Building the swing, visual preparation, game preparation, mental preparation, in-game adjustments and post-game adjustments. Walton presents an expansive set of drills that help build and improve on your hitter's confidence, technique and timing. He takes into account all the different types of hitters from quick-running bunters and slappers to power hitters, and gives you special advice for each.

SD-3220A | DVD | 97 minutes | 2009 | \$39.99

25 Drills for
Hitting
Success



25 Drills for Hitting Success

with *Donna Bonebrake, former Indiana University Coach*

Coach Bonebrake presents an in-depth hitting video, and has players demonstrate 25 drills to improve all areas of hitting. Areas discussed include stride, pivot, proper swing, balance, strong finishing with the hands, and hitting different pitch locations. Drills are demonstrated to improve techniques in all areas and include soft-toss drills and drills using the batting-T.

SD-1451F | DVD | 56 minutes | 2000 | \$39.99

Efficient Swing Techniques & Drills for Softball

with *Scot Thomas, Virginia Tech Head Coach;*
2007 ACC Coach of the Year

Coach Thomas provides a comprehensive look at the hitting mechanics and drills, including stance, swing mechanics, stride, pitch location, hitting with a purpose and more. He thoroughly explains over 15 drills and discusses why he uses each drill and its objective. He includes long tee drills, tee drills into a net, soft toss drills and team drills. Thomas includes creative variations on the drills that you can use to make them more challenging for your advanced athletes.

SD-3187A | DVD | 50 minutes | 2009 | \$39.99

Hitting 101

with *Linda Wells, former Arizona State University Head Coach*

To teach the concepts effectively, Wells takes a hitter through all stages of physical and mental preparation and execution beginning in the on-deck circle and ending with a full swing. Wells breaks down all of the mechanics of the swing in a step-by-step progression, including stance, box positioning, load and stride, hand and head position, the full swing, contact points, and follow-through. She also discusses hitting various pitches such as the curveball, screwball, riseball, dropball, and change-up, as well as situational hitting. Wells then shares over 15 drills and tips to develop and master the proper swing mechanics.

EFFICIENT SWING
TECHNIQUES AND DRILLS
FOR SOFTBALL



HITTING
101





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7

SLAP HITTING

COACHING AND TEACHING SLAP HITTING



RICCI WOODWARD

Coaching and Teaching Slap Hitting

with Ricci Woodward,
SW Texas St. University

Coach Woodward unveils her techniques for slap hitting and shares important tips on other areas of hitting. For coaching the slappers, she focuses on placement of the hitter in the batter's box, hand placement on the bat, footwork, and getting out of the box. She includes five essential drills for teaching a slap hitter and perfecting these techniques. In the bonus hitting techniques section, Woodward zeroes in on the point of contact and the stride as the keys to driving the ball. Seven great drills bring these techniques into focus. Using these same hitting techniques, the 2002 Bobcats set the NCAA single game home run record hitting eight home runs in one game.

SD-1979 | DVD
41 minutes | 2003 | \$39.99

Slapping and The Short Game

featuring Amy Hillenbrand,
Andrea Duran & Caitlin Lowe,
members of the World Champion



SLAPPING & THE SHORT GAME

OVER 20 HITTING DRILLS

Short Game Multi-Threat Slap Hitting

with Stacy Gemeinhardt-Cesler,
Iowa State University Head Coach

See how your players can become multi-threat hitters by incorporating hard slapping, soft slapping, drag bunting, fake bunt/bunt, run up and hit, and more into their hitting arsenal. Coach Gemeinhardt-Cesler covers everything from the fundamentals of slapping to advanced fake bunts, reading the defense, and how to slap a variety of pitches. To perfect these techniques, Gemeinhardt-Cesler demonstrates over 20 drills to develop quick hands, hand-eye coordination, tracking of the ball, and placing the ball when you hit it. Throughout the DVD she discusses and demonstrates how to identify and correct common errors.

SD-3188 | DVD
58 minutes | 2009 | \$39.99

Slap Hitting 101

with Linda Wells, former Arizona
State University Head Coach;
Dutch National Softball Team Coach
(2008 Olympic)

Coach Wells has a former player and slap



STACY
GEMEINHARDT-CESLER



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POSITION PLAY

Infield Fundamentals, Footwork and Drills

with Eugene Lenti, DePaul University Head Coach; Over 900 career wins

In this clinic-setting presentation, Lenti begins with the proper throwing grip as well as correct fielding technique and footwork. From there he moves into special tosses and flips, including backhand flips and the underhand toss. Lenti believes that situations must be worked on each day - he includes the pitchers' technique to execute a 1-2-3 double play. Lenti demonstrates a number of his favorite drills to use during practice. He also talks about the importance of the mental side of the game to good defensive teams.

SD-2972A | DVD | 52 minutes | 2008 | \$29.99



Diving, Outfield Drills and Bunting

with Eugene Lenti, DePaul University Head Coach; Over 900 career wins

Coach Lenti discusses diving "rules," fundamentals, techniques, pre-game preparation and more. Coach Lenti explains a dozen drills that prepare athletes for competition. Lenti's third part is devoted to bunting - keeping the ball fair and squaring up to the ball are fundamentals touched on by Lenti. He also explains in detail the sacrifice, push and drag bunts as methods of advancing runners.

SD-2972B | DVD | 66 minutes | 2008 | \$29.99



#1 IN 2009 FIELDING PERCENTAGE (.978) Infield and Outfield Skills & Drills

with Tim Walton, University of Florida Head Coach

With the help of his Assistant Coach Jenny Gladding, Coach Walton shows you an extensive list of drills they use to get the most out of their infield and outfield. Ground balls, short hops, double plays, bunts, plays at the plate, deep fly balls, drop steps and plays off the wall are just some of the skills and exercises Walton delivers. He also covers the importance of good communication, working with other fielders, getting every player involved and being prepared for any defensive situation.

SD-3220B | DVD | 109 minutes | 2009 | \$39.99



Calling a Perfect Game

with Linda Wells, former Arizona St.

Head Coach; Dutch National Softball Team Coach (2008 Olympics)

Coach Wells, along with Stacey Farnworth (assistant coach, former Sun Devil player, and starting catcher for the 2004 Greek Olympic Team) give an in-depth presentation on catchers calling the game. Wells begins by discussing in detail how to understand and manage the strike zones, multiple factors to consider in pitch selection, identifying and knowing pitcher and hitter strengths and weaknesses and calling signals. Wells shares foundational principles that should be applied between any pitcher and catcher, as well as how to





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9

TEAM DEFENSE



Slap Defense — Building Team Confidence & Drills

with Patty Gasso, University of Oklahoma Head Coach;
2000 National Champions

Patty Gasso loves coaching defense and believes that championships are won with great defensive effort. In this excellent clinic-setting presentation, Coach Gasso takes a detailed look at positioning for all infielders to successfully defend against slap hitters. Key strategies discussed are the Boomer play, bunt coverage and double plays. Gasso includes a number of situational drills that focus on throwing/quick release and accuracy. In addition, Gasso covers some of her favorite team building strategies.

SD-2971 | DVD
76 minutes | 2008 | \$29.99

Defensive Positioning for Infielders and Outfielders

with Carol Bruggeman, University of Louisville Associate Head Coach

Coach Bruggeman explains and demonstrates the basic positioning of...

Defensive Drills

featuring Mike Candrea; Head Coach
USA Softball Womens National Team

How does the USA National Team hone their defensive skills? We'll show you. In this volume, you'll see how the team prepares to defend against the best players in the world. With their gloves, arms and voices, you'll see how each player is in tune with their teammates, and learn the proper techniques to make the tough plays and execute an error-free defense.

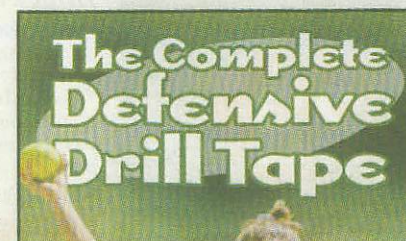
SD-2967F | DVD
48 minutes | 2008 | \$34.99



The Complete Defensive Drill Tape

with Jacquie Joseph, Michigan St.
University Head Coach

Coach Joseph provides a comprehensive drill series incorporating more than 25 drills to improve defensive play. Players demonstrate...



DEFENSIVE POSITIONING for Infielders and Outfielders

COACHING

CHAMPIONSHIP PRACTICE ORGANIZATION

Championship Practice Organization

*with Mike Candrea, University of Arizona
Head Coach; 2008 US Olympic Coach*

Coach Candrea's success is partially a direct result of being diligent in implementation of effective, well-thought-out practice plans. Candrea shares his recommended list of practice rules and explains the implications and importance of them in effective team building. He also recommends a checklist of drills (all demonstrated) to work on to add variety to your practices. Candrea's ideas are time- and team-tested and will help you improve your team by showing you how a Championship coach organizes practice.

SD-1982A | DVD | 72 minutes | 2003 | \$39.99

CHAMPIONSHIP PROGRAM

Developing a Championship Program

*with Mike Candrea, University of Arizona
Head Coach; 8X NCAA Champions*

How does Mike Candrea create a winning environment every single season? Candrea shares the "Five Phases" of his Personal Coaching Philosophy, shares the "Twelve Ingredients" necessary for creating a winning environment, and shares his keys to being successful year in and year out. This is the DVD every softball coach has been asking for!

SD-1982B | DVD | 55 minutes | 2003 | \$39.99

#1 IN 2009 WINNING PERCENTAGE (.952) Preparing Your Team for Perfect Practice

with Tim Walton, University of Florida Head Coach

The practice starts with a 20-minute set of stretches and agility drills, followed by Coach Walton's throw-and-catch isolation drills. These drills work on throwing technique by concentrating on specific parts of the player's body. From there, Walton runs the Gators through multiple defensive situations including different types of bunt defenses, slap defense, baserunning situations and more. Walton presents various offensive situations, incorporating the entire team through different stations for hitting, pitching, baserunning and fielding. Finally, Walton discusses the importance of baserunning through a series of drills.

SD-3220C | DVD | 151 minutes | 2009 | \$39.99

How to Coach the Female Athlete

*with Patty Gasso, University of Oklahoma
Head Coach; 2000 National Champs*

In this excellent clinic-setting presentation, Coach Gasso discusses her keys to a winning program, which include no excuses, a leader (team captain), maturity, mental and physical health, team unity, proper discipline and open communication. She presents ideas on how to help you achieve these crucial links to coaching female athletes. Other traits of a great coach that Gasso hits on include fairness, respect, variety, motivation, positive feedback, respecting players, be available, creative in practice, and have fun, stay positive. This information is applicable for coaches of any women's sport.

PREPARING YOUR TEAM FOR PERFECT PRACTICE

**BEST
SELLER!**

**Patty Gasso:
How to Coach
the Female Athlete**



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11

INDOOR PRACTICE PLANNING

featuring

PATTY GASSO

University of Oklahoma Head Coach

*2000 NCAA Champions, 3X Big 12 Coach of the Year;
Over 700 career victories*

featuring

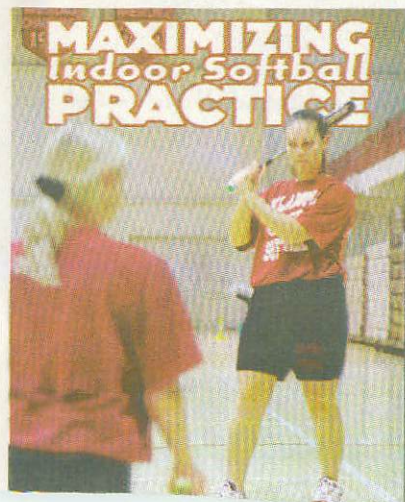
GEORGE WARES

Central College Head Coach

*2007 inductee to the National Fastpitch Coaches Association Hall of Fame,
840 Career wins, 4x National Champion coach with Central College*



Maximizing Indoor Softball Practice

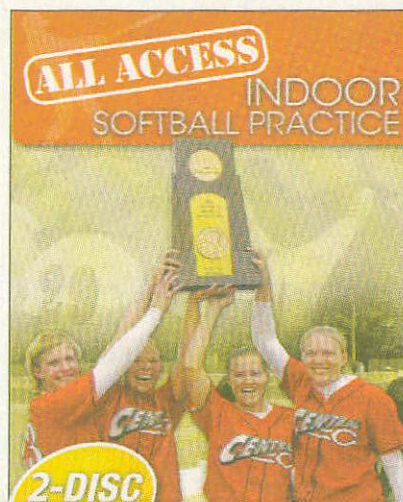


- Never let inclement weather stop your team from improving
- Plan better indoor practices
- Make the most of the your indoor practice space

Coach Gasso guides you through an indoor practice that will help you utilize your space and time to the fullest! This video gives an in-depth practice plan and includes time allotment for each part of practice. Gasso includes many ideas for keeping your team working hard, practicing speed, agility, the fundamentals, defense, hitting, game situations, and more! Specifics such as: conditioning circuit stations, defense fundamental stations, communication drills, and team discussion goals make this a must-have for any softball coach's library.

SD-995 | DVD
45 minutes | 1999 | \$39.99

All Access Indoor Softball Practice



- Learn how to lead your team through game-like, pressure filled drills and situations—indoors!
- Discover drills for indoor warm-up, throwing, hitting, infield, outfield, baserunning and special situations
- Keep your team focused and active throughout your entire practices

Join Wares as he conducts two complete Dutch practices using an indoor facility. Wares takes you through each practice step-by-step explaining the purpose behind his methods, teaching and coaching his players and talking to his team. Wares reveals the drills he uses for warm-up, throwing, hitting, infield, outfield, baserunning and working on special situations. Learn how to keep your players active in practice (batters, runners, defense) and how to maximize reps for each of your athletes.

SD-3351 | 2 DVDs

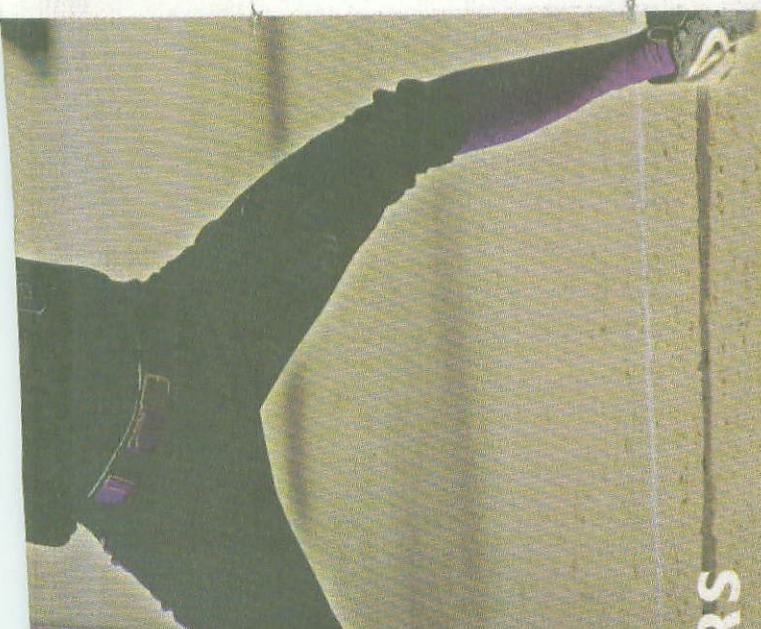


JOHN TSCHIDA



JOHN TSCHI

JOHN TSCHIDA



OVER 250 DRILLS TO CORRECT COMMON ERRORS



ChampionshipProductions.com
1-800-873-2730 | 2730 Graham Street • Ames, IA 50010

drills will enhance your players' skills and keep your players balanced and develop a consistent stride to maximize the effectiveness of their pitches. A soft delivery is essential to the rotational part of the pitching motion and the follow through that work on finishing off pitches properly. Tschida closes with drills to increase velocity and build control. He also includes some competitive drills that bring all of the elements together and force your players to focus on the entire motion to throw a quality pitch.

SD-3380B | DVD | 147 minutes | 2009 | \$49.99

Mega Softball Drills: Fielding

- See over 50 drills to make any ground ball an out
- Improve first-step quickness and approach to any batted ball
- Develop quick, soft hands

Mold your team into a championship caliber defensive squad! Coach Tschida, leads you through over 50 drills that will emphasize proper fielding mechanics and technique to develop ready position, approach, soft hands, diving technique, flips, double plays and relay throws in your players' to get the most out of them defensively. Coach Tschida's drills will show your fielders how to take the most efficient path to the ball and make the play. He emphasizes proper mechanics at all times and uses his players to demonstrate each of these techniques. Tschida's on-field demonstration of each drill allows you to see how to set-up and execute each drill. He also notes many common mistakes players make performing these drills and during game play, and shows you how you can correct them to get the most of your players' abilities.

SD-3380C | DVD | 127 minutes | 2009 | \$49.99

SAVE \$30 - MEGA SOFTBALL DRILL SERIES - SD-3380 (3 DVDs) ONLY \$159.99

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See our entire inventory at
ChampionshipProductions.com!

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The World's #1 Source for Quality Coaching Instruction Since 1976!





outfield. Ground balls, short hops, double plays, bunts, plays at the plate, deep fly balls, drop steps and plays off the wall are just some of the skills and exercises Walton delivers. He also covers the importance of good communication, working with other fielders, getting every player involved and being prepared for any defensive situation.

SD-3220B | DVD | 109 minutes | 2009 | \$39.99

Preparing Your Team for Perfect Practice

With the help of Steve Orris, Florida's Strength & Conditioning Coordinator, the practice starts with a 20-minute set of stretches and agility drills, followed by Walton's throw-and-catch isolation drills. These drills work on throwing technique by concentrating on specific parts of the player's body. From there, Walton runs the Gators through multiple defensive situations including different types of bunt defenses, slap defense, baserunning situations and more. Walton then presents various offensive situations, incorporating the entire team through different stations for hitting, pitching, baserunning and fielding. Finally, Walton discusses the importance of baserunning through a series of drills.

SD-3220C | DVD | 151 minutes | 2009 | \$39.99

The Complete Pitching Workout

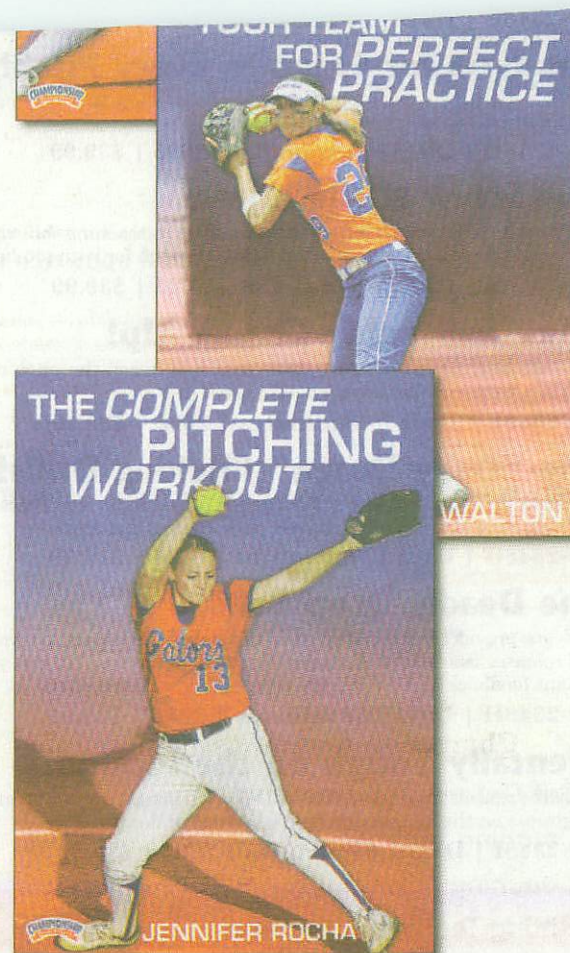
with Jennifer Rocha, University of Florida Pitching Coach

Florida Pitching Coach Jennifer Rocha takes you through an extensive five-day workout that the Gators use to prepare pitchers for game day. Each day presents a variety of challenges for your pitchers including fundamentals, great drills, work on spin pitches, locating pitches, endurance, game situations and more. Rocha teaches, coaches, and demonstrates specific drills to work on all areas of the workout. All of these critical skills are woven into this five day workout program that will have your pitchers coming the ballpark loose, focused, and ready to play.

SD-3220D | DVD | 87 minutes | 2003 | \$39.99

SAVE \$20

TIM WALTON 4-PACK - SD-3220 (4 DVDs) ONLY \$139.99



M-F 7:30 AM - 6:00 PM • PHONE 800-873-2730 • FAX 515-232-3739 • www.ChampionshipProductions.com



SD-2348C | DVD | 60 minutes | 2005 | \$39.99

Catalysts for Speed in Every Pitch!

Evans demonstrates proper leg drive, wrist snap, arm strength, mechanics to increase your pitch velocity.

SD-2348D | DVD | 48 minutes | 2005 | \$39.99

The Screw & the Curve!

Evans builds each pitch from the ground up by teaching the grips, body movements, the releases and follow-through for both pitches.

SD-2348E | DVD | 65 minutes | 2005 | \$39.99

The Challenging Change Up!

Evans provides progressive drills that help teach the pitch one step at a time and discusses when to use it in a game.

SD-2348F | DVD | 43 minutes | 2005 | \$39.99

The "Daily Dozen" Pitching Drills!

These drills will help pitchers develop elements of successful pitching such as wrist snap, correct spin, control and more.

SD-2348G | DVD | 76 minutes | 2005 | \$39.99

The Deadly Drop Ball!

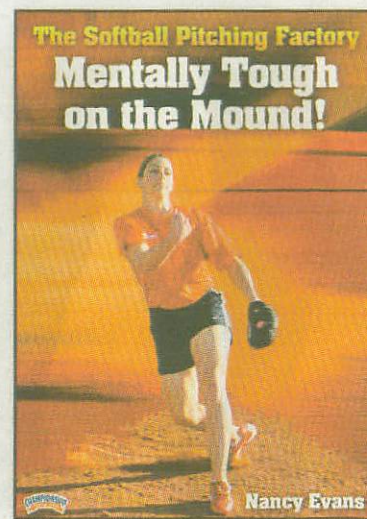
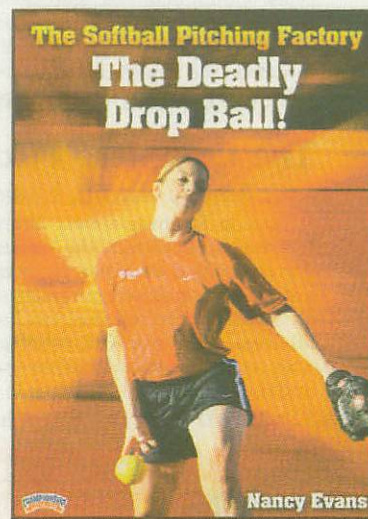
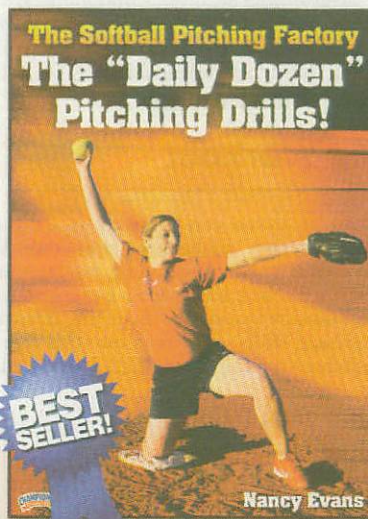
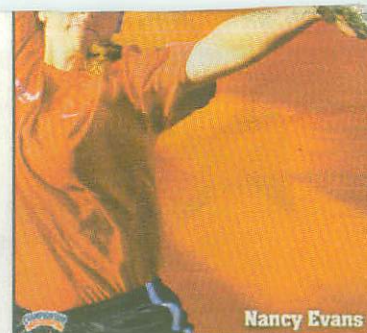
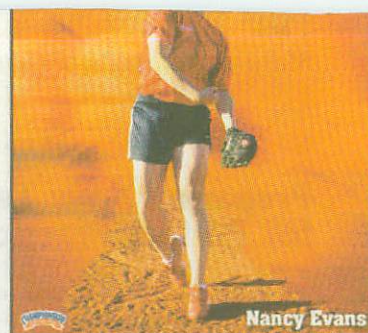
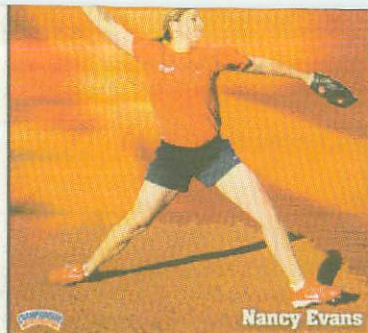
Evans provides instruction on grip variations, mechanics, footwork, and release. She also shows a five-step drill progression to give you instant feedback on how you are progressing with the pitch.

SD-2348H | DVD | 38 minutes | 2005 | \$39.99

Mentally Tough on the Mound!

Evans reveals nine areas that will help you maximize your mental toughness on the mound and help you excel under pressure.

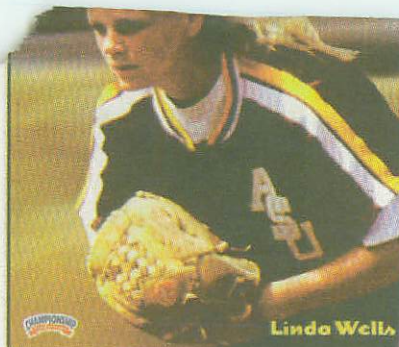
SD-2348I | DVD | 68 minutes | 2005 | \$39.99



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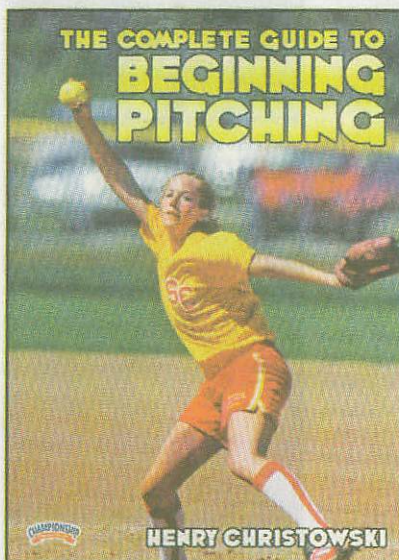


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snaps, arm circles, the three ball drills, and working with throwing to targets. All drills in the "Intermediate" section are designed to help a pitcher hit her spots and work towards being more consistent. The Advanced Drills includes speed Drills, Upper Body Drills, Accuracy Drills and Lower Body Drills are all also covered in this comprehensive drill video. The final section of this video covers working on different types of pitches such as the curve ball, drop ball, and change up.

SD-2138A | DVD
51 minutes | 2003 | \$39.99



The Complete Guide to Beginning Pitching

with Henry Christowski, Simpson College Head Coach

As a former high school coach and now one of the most successful Division III Coaches, Christowski knows all of the key foundations to developing a successful pitcher. This video provides the young pitcher with step-by-step instruction on the importance of ball size, grip, wrist snap, release, stride and footwork. He also discusses foot placement on the pitching rubber, presentation of the softball, weight transfer and the delivery.

SD-1500E | DVD
40 minutes | 2001 | \$29.99

NCAA pitchers ever to throw more than 2,000 strikeouts

You'd be hard pressed to find a better softball pitcher than Cat Osterman. This Olympic gold medalist owns four of the top six seasons for the NCAA's best strikeout ratio. In this DVD, Cat shows you how she became an elite player and shares what you can do to train like a champion and improve your pitching.

SD-2967B | DVD
41 minutes | 2008 | \$34.99

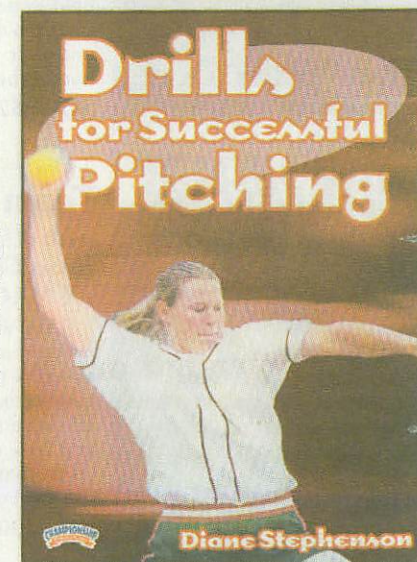


Drills for Successful Pitching

with Diane Stephenson, former Indiana University Head Coach

Coach Stephenson describes in detail the important factors and innovative drills she and her staff use to develop their pitchers. Included in this tape are 10 strengths and conditioning drills designed to improve strength in arm, shoulder, wrist, and legs. Drills to improve arm speed, balance, explosion, spin and rotation, proper pitching mechanics, and fielding are demonstrated.

SD-1451B | DVD
34 minutes | 2000 | \$39.99





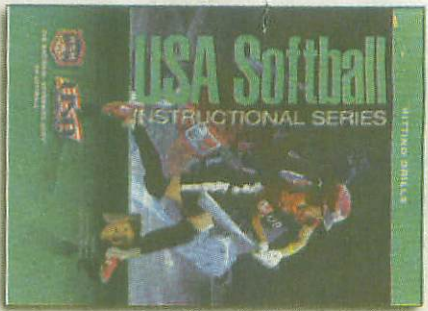
#1 IN THE NATION IN 2009
TEAM BATTING AVERAGE (.344)

Hitting Drills

*featuring Mike Candrea
 & Andrea Duran, Infielder,
 of the World Champion USA National Team*

To compete on a championship level, you need to have a desire for excellence. But it's also necessary to display poise during stressful situations. To see quality results on the field, you need to prepare accordingly. In this Volume, Coach Candrea demonstrates his hitting drills program, helping you and your team ready your skills and instincts for any situation in the batter's box.

SD-2967E | DVD | 54 minutes | 2008 | \$34.99



#1 IN THE NATION IN 2009
RUNS PER GAME (8.18 RPG)

Fundamentals of Hitting

*featuring Mike Candrea
 & Andrea Duran, Infielder,
 of the World Champion USA National Team*

Follow these tips from legendary head coach Mike Candrea as he guides you through the keys to becoming a better hitter. Nothing makes a player better than hard work. Candrea's philosophy on hitting has been proven successful at every level of softball from the youth ranks to college and all the way to the Olympic podium.

SD-2967D | DVD | 51 minutes | 2008 | \$34.99



TEAM OFFENSIVE STRATEGIES

Team Offensive Strategies

*with Karen Linder, Kent State University
 Head Coach, 2008 MAC Champions;
 2X MAC Coach of the Year*

This video examines techniques to create offensive production. Linder explains what it takes to develop an offensive philosophy, how to put together a strong line-up and how to use a sign system. She discusses and demonstrates offensive strategies like: bunt and slap strategies, stealing, and base running which will help your team put more runs on the scoreboard. Linder also includes methods for getting the most out of your players in practice.

SD-1500B | DVD | 55 minutes | 2001 | \$29.99



HITTING DRILLS AND MECHANICS

Hitting Drills and Mechanics

*with Karen Linder, Kent State University
 Head Coach, 2008 MAC Champions;
 2X MAC Coach of the Year*

Coach Linder breaks down the mechanics of the swing into three categories: lower body, upper body and head/eyes. The lower body consists of the stance, load, stride and pivot. The head and eyes consists of stillness and a focal point. The upper body consists of bat position, the load, swing, pivot, extension and the follow through. She explains and demonstrates the different pitch locations and how to make the necessary adjustments to hit the pitch. Includes dry swing, tee and soft toss drills.

SD-1500C | DVD | 46 minutes | 2001 | \$29.99



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USA National Team

One of the areas in the game of softball that gets overlooked is the short game. Most of the attention is focused on the long ball. But those big hits are more meaningful if you have runners on base to drive home. This Volume will teach you that putting the ball in play is critical to your team's success and will show you how to get the most out of your at-bats.

SD-2967C | DVD
52 minutes | 2008 | \$34.99



#1 IN THE NATION IN 2009 TEAM BATTING AVERAGE (.344)

The Total Short Game

with **Larry Ray**, *University of Arizona Assistant Head Coach; 2009 WCWS*

A renowned instructor of slap-hitting, Coach Ray's tutoring has coached some of the best slap-hitters in collegiate softball history.

SD-2825 | DVD
46 minutes | 2008 | \$34.99



**BEST
SELLER!**

hitting specialist demonstrate and explain what it takes to become a successful slap hitter. They discuss everything from converting and developing to a slap hitter, to sequencing of slap hitting to bat selection. Wells shares progression drills to perfect the mechanics and timing of slap hitting using tee work, toss drills and pitching machines. Slap hitters will learn how to effectively read the defense, gain bat control, put the ball down, and get down the line for team success.

SD-2397 | DVD
28 minutes | 2005 | \$39.99



The Art of Slap Hitting

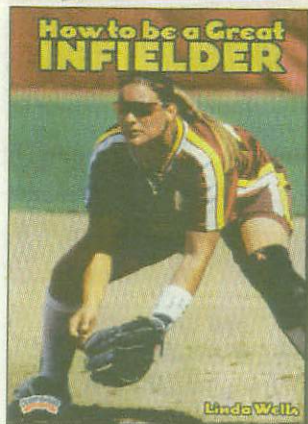
with **Steve Miner**, *San Diego St. University Assistant Coach*

Coach Miner introduced slap hitting at the national level in 1976. Miner's crossover-step slap hitting technique ignited a new trend in softball. Starting with footwork, Miner shares his coaching points on slap hitting. Miner is able to show the proper techniques using live and slow motion video. As a bonus, Miner covers the drag bunt and "The Vig," a type of hit that is disguised as a bunt. Also included are drills and full pitch practice.

SD-2617 | DVD
36 minutes | 2006 | \$39.99



SAVE \$5 - SD-2972 (2 DVDs) ONLY \$54.99



How to Be a Great Infielder

with Linda Wells, former Arizona St. University Head Coach; Dutch National Softball Team Coach (2008 Olympics)

Coach Wells covers all of the aspects of a successful infielder, beginning with the ready position and building into field short hops, fielding with forehand, backhand, turning double plays, and footwork around the bag. She also covers some of the general fielding skills such as the shuffle step and the short arm throw. In this outstanding video, game footage complements on-field demonstration to clearly demonstrate proper bunt coverage, stealing coverage, pick-offs, and defensive alignments for each infield position. Wells includes special fielding coverage fundamentals for pop flies.

SD-2138C | DVD | 36 minutes | 2003 | \$39.99



Drills for Improving Outfield Play & Throwing Techniques

with Diane Stephenson, former Indiana University Coach

Coach Stephenson covers two important defensive areas: Throwing techniques and outfield play. In the throwing techniques segment, Stephenson covers the important fundamental areas of throwing from the young player to the collegiate player. The drills included will help teach the techniques she discusses. In her discussion of outfield play, Stephenson demonstrates angles to the ball, charging the ball, the use of crow hops to generate power behind the throw, fielding balls hit on the ground, catching fly balls near the fence, and when balls are hit in the sun.

SD-1451E | DVD | 44 minutes | 2000 | \$39.99

study pitchers and hitters using pitching charts.

SD-2398 | DVD | 59 minutes | 2005 | \$39.99

The Complete Guide to Catching

with Linda Wells, former Arizona St. University Head Coach; Dutch National Softball Team Coach (2008 Olympics)

Coach Wells covers all aspects of the catcher position, beginning with equipment and basics of calling pitches, then blocking pitches, framing pitches, snap throws, pitch outs and intentional walks. Wells works into more complex situations - covering of 1st and 3rd situations, defensive coverage, and slap hitting defenses. Applying tags, backing up bases, and communicating with the defense are all also covered in detail. An excellent video appropriate for any player or coach at any level looking for an instructional video that covers every aspect of catching.

SD-2138B | DVD | 48 minutes | 2003 | \$39.99

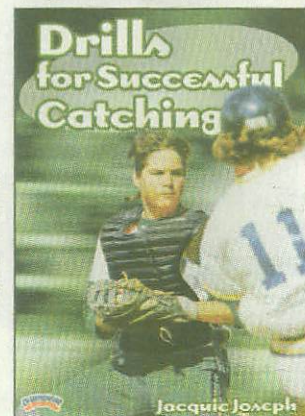


Drills for Successful Catching

with Jacquie Joseph, Michigan St. University Head Coach

Coach Joseph gives a detailed account of what it takes to play the catching position. She covers the important characteristics and skills needed to be a successful catcher. Areas covered and demonstrated include throwing mechanics, framing pitches, blocking pitches, picking off runners, and fielding drills covering pop-ups, bunts, wild pitches, double play, and tag coverage.

SD-1451C | DVD | 27 minutes | 2000 | \$39.99



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the basic positioning for each player on the softball field. She demonstrates the correct ready position for both the middle infielders and corner positions. In addition, Bruggeman highlights the importance of good footwork, good throwing technique, and proper base positioning. She demonstrates footwork for the cross over and drop step along with correct positioning at the bases for force plays and tag outs.

SD-1500A | DVD
45 minutes | 2001 | \$29.99



improve defensive plays. Players demonstrate these drills and cover infield and outfield play as well as pitching and catching. Infield drills include footwork, fielding ground balls, bunts, turning the double play, and completing the force out. Outfield drills include throwing, footwork, catching balls hit overhead, and diving. Blocking pitches and fielding bunts is included in the catching discussion, as well as fielding ground balls from the pitching position.

SD-1451D | DVD
42 minutes | 2000 | \$39.99

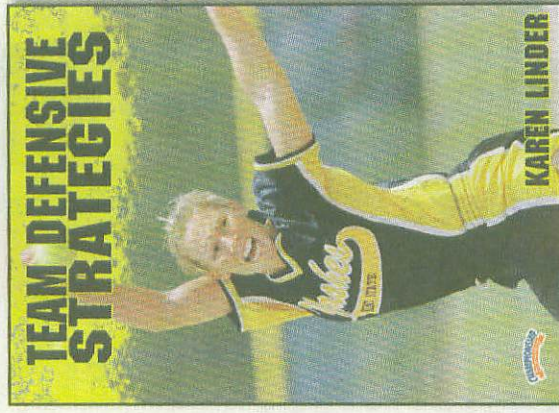


Essentials of Throwing and Catching

with Donna Bonebrake, former Indiana University Assistant Coach,

Coach Bonebrake explains and demonstrates proper overhand throwing and catching techniques. She covers the proper grip, wrist snap, release and follow through. She demonstrates proper catching techniques and explains the importance of proper footwork, use of two hands, and catching above the waist and below the waist. Bonebrake also discusses how to alleviate the fear factor of catching a thrown ball. This video also includes demonstrations of more than a dozen drills for all aspects of throwing and catching.

SD-1500H | DVD
40 minutes | 2001 | \$29.99



Team Defensive Strategies

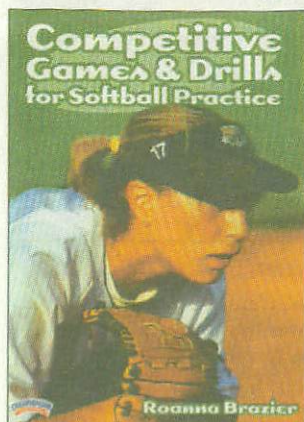
with Karen Linder, Kent State University Head Coach, 2008 MAC Champions; 2X MAC Coach of the Year

Coach Linder details what it takes to develop a defensive system that fits your team. She diagrams and demonstrates all the possible bunt coverages, steal defenses, and 1st & 3rd base defenses. She discusses passed balls, fly ball priorities and relays. All demonstrations and drills are shown clearly using youth softball players.

SD-1500D | DVD
40 minutes | 2001 | \$29.99

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SD-2970 | DVD | 49 minutes | 2008 | \$29.99



Competitive Games & Drills for Softball Practice

with Roanna Brazier,
Head Coach, Ohio University

More than 30 drills to challenge your players and keep your practices fun and exciting! Using a heavy dose of defensive drills with a few offensive drills sprinkled in, Brazier reinforces individual and team techniques. While many of the drills are appropriate for any level, she also includes a number of drills for intermediate to advanced athletes. Brazier highlights the objectives of each drill, suggestions for level of play, and key elements each coach should stress during the drill's execution.

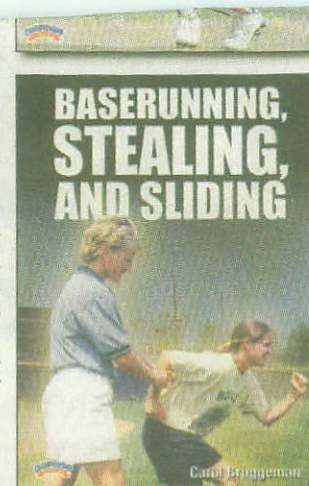
SD-1451A | DVD | 32 minutes | 2000 | \$39.99

Baserunning, Stealing and Sliding

with Carol Bruggeman, University of Louisville
Associate Head Coach

Carol Bruggeman, whose teams are known for their aggressive and assertive play, explains the importance of good baserunning and proper sliding technique. She demonstrates drills for proper running form, how to get out of the batter's box, lead-offs, turns at the bases, tagging up and sliding. Bruggeman also explains proper technique for the straight in, pop up, hook and headfirst slides, and shows drills for each type of slide.

SD-1500G | DVD | 35 minutes | 2001 | \$29.99



Winning Softball Drills - 4th Edition

by Dianne Baker, Texas Woman's University
Head Coach,
and Dr. Sandra S Cole



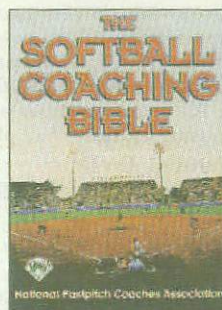
The goals of the book are twofold: First, to help coaches get the most from their athletes during practice through the use of specific drills; and, to help coaches produce organized and time-efficient practices. The book is now wire bound, which is designed to be rugged enough to be taken to practice each day for you to have drills at your fingertips.

SB-16 | Book
62 pages | 2005 | \$19.99

The Softball Coaching Bible

by the NFCA

The Softball Coaching Bible is a compilation of principles, insights, strategies, methods, and experiences from 28 of the top U.S. coaches. The topics range from teaching the best skills and drills, developing productive hitters, competing in tournaments and playoffs, recruiting players, attracting fans, professional development, attending and running camps and clinics.

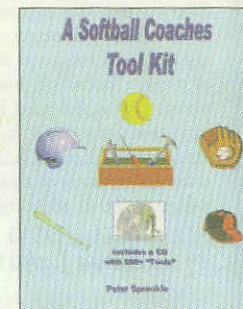


SB-605 | Book
309 pages | 2002 | \$21.99

A Softball Coaches Tool Kit

by Peter Sprenkle

This is a collection of ideas, forms and approaches that will help anyone involved with organizing, starting or coaching a softball team. It is divided into five parts: Getting the team started; running the team; communication, development, and motivation; assessment and evaluation; and a team handbook. Each section contains several topics, introduced with a brief outline and followed by examples and/or actual pages for your use. Includes a CD with 145 tools.



SB-507 | Book
223 pages | 2005 | \$29.99



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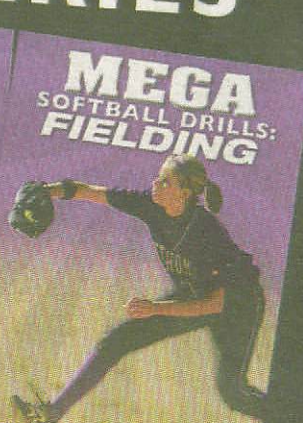
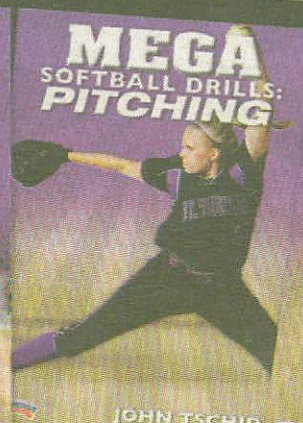
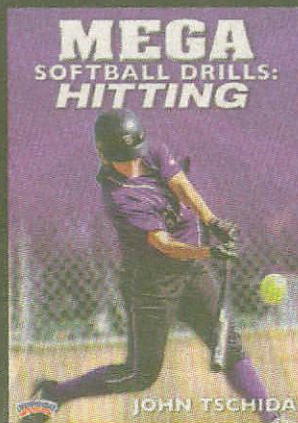
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