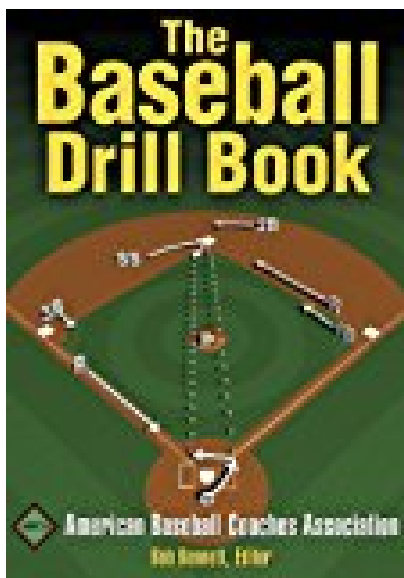


The Baseball Drill Book The Drill Book Series



BOOK DETAILS

- Author : American Baseball Coaches Association
- Pages : 320 Pages
- Publisher : Human Kinetics
- Language : English
- ISBN : 0736050833



BOOK SYNOPSIS

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

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