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mechanics body positioning footwork how to turn the double play communicating with teammates and more Practicing these fielding concepts and drills will help players to dramatically reduce the number of fielding errors Part 3 covers essential hitting mechanics and drills Coach Stitt provides a detailed explanation and demonstration of the elements of a good swing Learn the four things that all great hitters have in common You will also learn how to put the ball in play and avoid common errors Coach Stitt provides progressive drills to work on in the batting cages He also presents some hitting drills that can be used on the playing field to provide players with numerous repetitions and keep everyone involved This comprehensive program will help coaches and players to establish the proper foundation necessary to be successful in baseball at any level

You Can Play Better Baseball Lew Watts,1956 How to Play Better Baseball Caary Paul Jackson,1971

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