



The Ultimate Softball Drill Book: A Complete Guide for Indoor & Outdoor Skill Development

Richard Trimble, Pat Barnaba

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The Ultimate Softball Drill Book is exactly that-the ultimate drill book for softball coaches. There are close to 500 drills in this book-over 100 hitting drills, over 100 pitching drills and many more for all facets of the game. There are drills for indoor practices and even for preseason tryouts. Coaches Rick Trimble and Pat Barnaba have combined their decades of on-field experience, attendance at nationally recognized clinics where they've learned from the best collegiate coaches in the land, reading books and watching video to compile this outstanding volume-a must for any softball coach on any level.

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