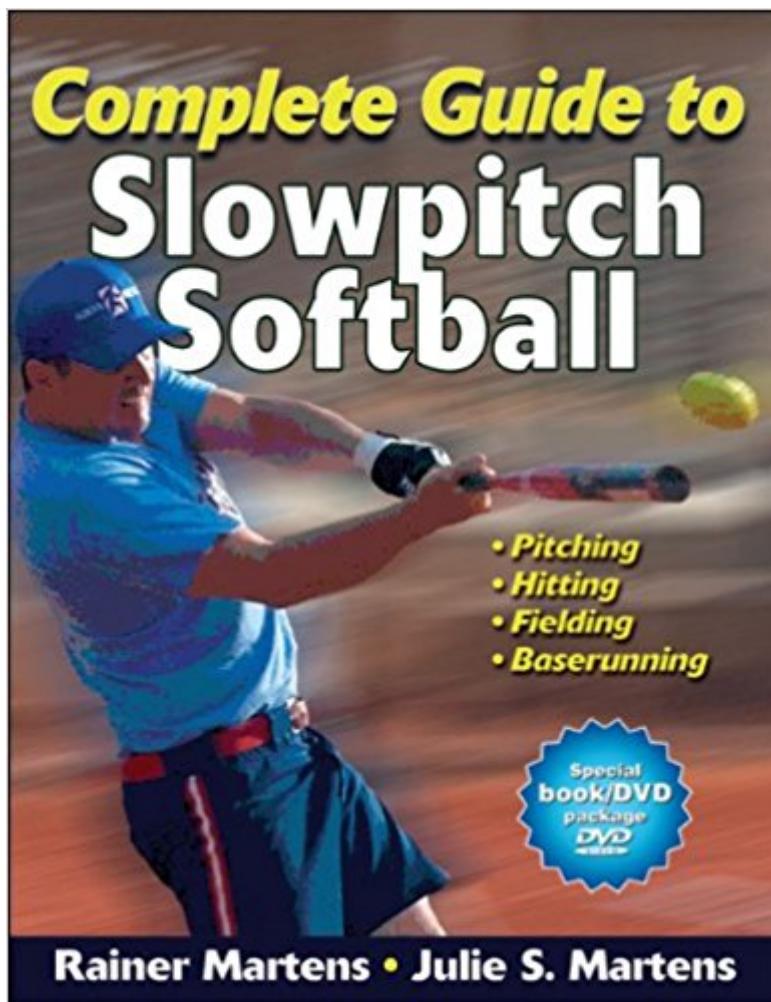


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# Complete Guide To Slowpitch Softball



## Synopsis

Hereâ™s the âœmissing guideâ• for slowpitch softball. Itâ™s not a fastpitch softball book adapted to slowpitch softball. Itâ™s a comprehensive and original instructional guide to the unique sport of slowpitch. With Complete Guide to Slowpitch Softball, you will learn basic to advanced offensive and defensive techniques. And the comprehensive coverage of slowpitch strategies and tactics, as well as expert advice on physical and psychological conditioning, will ensure you step out of the dugout confident and prepared. Senior softball Hall of Famer Rainer Martens and his wife, Julie Martens, put their wealth of expertise together in this one-of-a-kind book and DVD package. With over 45 years of softball experience and PhDs in the sport sciences, Rainer and Julie bring unique insight into all aspects of the game to help players, coaches, and fans alike hit a home run in this exciting game.

## Book Information

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## Customer Reviews

âœOffense, defense, base running, mental approach . . . no matter what youâ™re looking for to improve your slowpitch game, Complete Guide to Slowpitch Softball is where you will find the answer!â• Brett Helmer -- Four-Time National Batting Champion; 28-Time Member of All-World Team; 2003, 2004, 2007 Champion of Long Haul Bombers Tour "Rainer Martens offers players, regardless of skill level, the opportunity to learn the game of softball inside and outâ" and excel! Complete Guide to Slowpitch Softball is a must-have. George Epstein -- Editor, Softball World âœComplete Guide to Slowpitch Softball has all the information you need to improve your game. It's well written, well organized, and comprehensive." Donna Mihailoff -- National 65+ Player

Rainer Martens has been playing softball for 45 years. He is a stand-out player and coach for the Florida Legends, the most decorated senior softball team in the United States with over 80 National Championships. In 18 national tournaments, Martens-coached teams have won 16 national championships and placed second in the other two. His passion and achievements in softball were rewarded when he was inducted into the National Senior Softball Hall of Fame in 2009. Rainer Martens has written 16 books and hundreds of articles. His book Successful Coaching has sold over 1 million copies, and it is the top-selling coaching book of all time. Julie Martens is the team manager, scorekeeper, and statistician for the Florida Legends senior softball team. Through her years of playing women's and coed slowpitch softball and as team manager, she's developed an exceptional knowledge of the sport. Rainer and Julie Martens both received PhDs in sport psychology from the University of Illinois. They have been married since 1992 and reside in Ormond Beach, Florida. In addition to watching, playing, and traveling for softball, they enjoy biking and photography in their spare time.

Date 4/20/16. I am 67 and have had this book for a year. I played baseball in high school but no softball until a year ago when I joined a senior softball league. This book is fantastic. The basics are well covered, as well as more advanced information. I think that whether you are a beginner or an experienced player, you will get a lot out of this book and DVD. The authors really know their "stuff". I would be tempted to buy a copy for everyone on our team if I could afford it.

For a beginner in slowpitch softball like me, this guide has everything and even a little bit more I would ever need to know to better understand the game, throw and hit the ball, pitch, run the bases, use smart offensive and defensive tactics and strategies, and win. The lack of books about slowpitch softball makes this guide even more valuable.

I forgot I got this on my kindle and I left a review there. If you play softball you have to have this book. It answers all question and the dvd is awesome. If everyone on your team watches it they should all know what to do when it comes game time. Defense, hitting, running base and how to throw. They answer all your questions. Great book and dvd

Well the muscle has shifted a bit but I really wanted to again start playing softball. I had forgotten so much from when I was much younger that the game was more work than fun. This book is great to help you remember some of the things you have lost. It shortened my learning curve quite a bit and

really made my practice sessions better and more productive. I am certainly enjoying the game once more and feel myself getting into shape again.

I am coaching an adult Co-Ed Softball Team for a group of co-workers for the first time and have very little experience with softball. Even though the goal is just to have fun, I needed a resource to help my team be a little more competitive and this was exactly what I was looking for. The video is outstanding and the book expands a little more on all the concepts in the video. Great Buy!

I've played ball for 35 years and still found this a good read. It's more technical and at times will bore you because you feel like you know it all. If you're making the transition from fast pitch baseball or softball to slow pitch I'd recommend it. It gets back to basics experienced players often overlook. Mine came with a DVD which was fun to watch. It's practical and realistic.

great book with dvd!

The book augmented by the DVD is very comprehensive. It covers all aspects of the game from hitting, pitching, fielding, offensive and defensive strategies, conducting a practice, injuries, etc.. The DVD helps to illustrate the key areas. As a senior player, I am very satisfied with it.

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