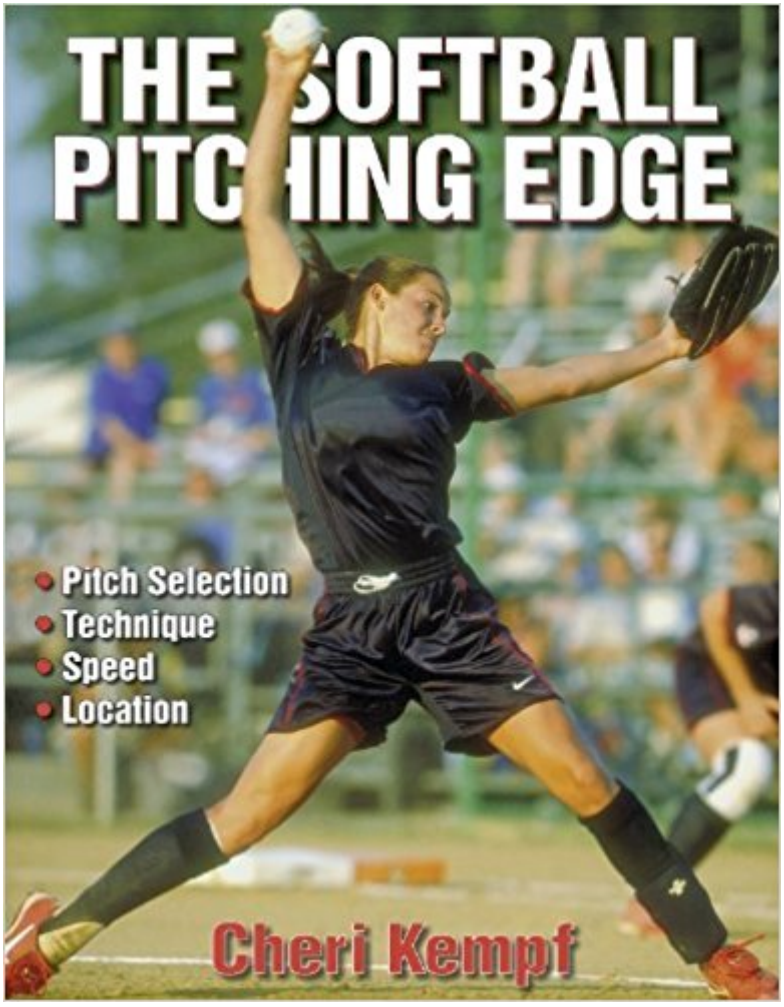
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The Softball Pitching Edge



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Synopsis

Throw faster, improve your technique, learn new pitches, lower your ERA, and experience the thrill of winning more often with The Softball Pitching Edge. This book offers an in-depth look into the art and science of softball pitching that will help you develop elite-level fastpitch skills through drills and expert technical advice. As the owner and pitching instructor at Club K, author Cheri Kempf has been teaching and training thousands of fastpitch softball players since 1987 and is widely recognized as one of the best softball pitching coaches in the country. The Softball Pitching Edge shows the correct way to deliver the ball from the rubber to the plate to maximize effectiveness and minimize the risk of injury. It's the first book on fastpitch softball to dissect the pitching motion through pictures and drawings of the correct mechanics. It also explains how to master those mechanics so that you can throw with greater control and speed. The text covers all the essentials: presentation, feet, legs, arms, posture, sequence, timing, consistency, location, and speed. You'll find a breakdown of the fundamental mechanics, with details of common mistakes and plenty of drills to help develop the proper mechanics. You'll also find specific instruction on developing a variety of pitches, including the drop, the change-up, the rise, the curve, and the screwball. And the special tips for coaches provide insight into the pitcher's psyche, background, mental make-up, and motivation.The Softball Pitching Edge presents the best information based on the most modern technology and resources available. Use this book to improve your technique and add new pitches to your arsenal for more strikeouts and greater success on the mound.

Book Information

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Customer Reviews

"Cheri has captured cutting-edge information on fastpitch softball and has provided the instruction protocols to improve skills at all levels of competition." Dr. Tom HouseFounder of Bio-Kinetics "Cheri Kempf has spent more time seeking all available resources and applying them to her already excellent foundation of knowledge and experience than any other pitching coach I have met. Her students reap the benefits of her personal diligence and dedication to providing them with information that is nothing short of cutting-edge. Cheri now shares the results of that knowledge, experience, and research with you through "The Softball Pitching Edge," I hope you enjoy it and appreciate its content as much as I did." Teresa WilsonHead softball coachUniversity of Washington "Written by Cheri Kempf, the best pitching instructor in the country, this book will educate you and equip you. You will find yourself referring to this book over and over again. A must-buy for any serious softball coach and player." Yvette GirouardHead softball coachLouisiana State University

Ã¢â ¬Â•Cheri has captured cutting-edge information on fastpitch softball and has provided the instruction protocols to improve skills at all levels of competition.Ã¢â ¬Â•Dr. Tom HouseFounder of Bio-KineticsÃ¢â ¬Â•Cheri Kempf has spent more time seeking all available resources and applying them to her already excellent foundation of knowledge and experience than any other pitching coach I have met. Her students reap the benefits of her personal diligence and dedication to providing them with information that is nothing short of cutting-edge. Cheri now shares the results of that knowledge, experience, and research with you through The Softball Pitching Edge. I hope you enjoy it and appreciate its content as much as I did.Ã¢â ¬Â• Teresa WilsonHead softball coachUniversity of WashingtonÃ¢â ¬Â•Written by Cheri Kempf, the best pitching instructor in the country, this book will educate you and equip you. You will find yourself referring to this book over and over again. A must-buy for any serious softball coach and player.Ã¢â ¬Â• Yvette GirouardHead softball coachLouisiana State University

I purchased this and two other pitching books last summer when my 10U daughter decided she wanted to start pitching. This book is, without question, the most useful of the 3 books. I have very little baseball experience and no pitching experience (either baseball or softball). My daughter and I attended a league provided intro to pitching class but I was still left wondering how to proceed. Most parents in my situation (i.e., don’t know squat about pitching) opt for a pitching coach, but I wanted to see how far I could take her myself first.Cheri does an excellent job explaining the fundamental mechanics and also the approach to take when making adjustments. I’ve relied almost solely on her

advice and my daughter has made tremendous progress in the last 7 months, with us practicing on average about 1.5 hours 1-2 times per week.I can’t comment on the quality of the chapters that cover the more advanced pitches as my daughter isn’t ready for them yet, but the chapters on the fastball and fundamentals are excellent.

The techniques described in this book will make your daughter a better pitcher. The drills, hints, discussions and strategies contained in the book will take your daughter to the next level of fastpitch softball. Buy this book and encourage others to do the same.Dennis

Good shape

Great book, I would recommend anyone that wants to learn the basic mechanics to the more advance mechanics for their softball pitchers

A great book for any pitcher who what’s to improve her pitching.

Great book! Cheri Kempf breaks it down for coaches and players alike, and with her extreme knowledge of the game and nuances of pitching--it allows for great informational read for the beginner or the advanced player or coach.

Good book

My daughter has already learned to pitch a good drop-ball just by reading this book.

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