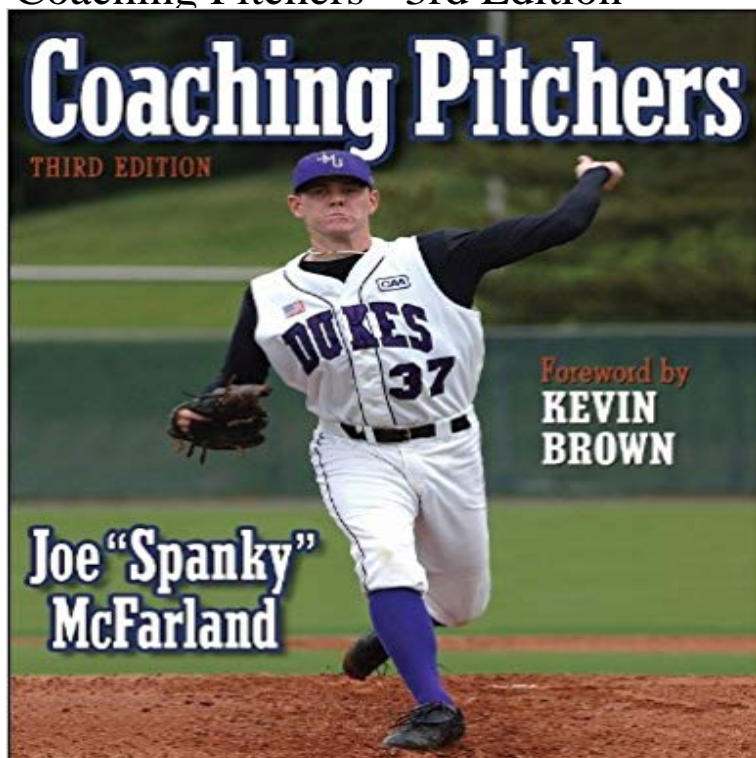


Coaching Pitchers - 3rd Edition



Want to improve the mechanics of your pitching staff? Can your pitchers hold runners and field their position? Do you know the finer points of developing pitcher-catcher chemistry? Coaching Pitchers offers complete details on every aspect of the pitching position. This practical guide on pitching will be a valuable reference you'll turn to again and again. Challenging technical instruction is communicated effectively through plain talk combined with clear illustrations. Practice drills and training aids provide supportive tools to get the job done. From mental attitude to managing a bullpen, Coaching Pitchers is packed with insights you need to help your pitchers shut down even the most formidable opponents. Coaching Pitchers offers solid, proven advice from one of the college games best pitching coaches. Currently the head baseball coach at James Madison University, Spanky McFarland has coached 55 players on their way to the big leagues (including Kevin Brown of the Los Angeles Dodgers). Now McFarland delivers in book form the same instruction that took these players to the top.

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window.ue_csm.cel_widgets = [ { id: detail-bullets }, { id: featurebullets_feature_div }, { id: summaryContainer }, { s: #revMHRL > DIV , id_gen: function(elem, index) { return custRev + (index + 1); } }, { id: sims_fbt }, { id: purchase-sims-feature }, { id: session-sims-feature }, { id: quickPromoBucketContent }, { id: productDescription }, { id: technicalSpecifications_feature_div }, { id: prodDetails }, { id: related_ads }, { id: technical-data }, { id: tagging_lazy_load_div }, { id: consumption-sims }, { id: moreBuyingChoices_feature_div }, { id: product-ads-feedback_feature_div }, { id: DAcrT }, { id: vtpsims }, { c: celwidget }, { id: fallbacksessionShvl }, { id: rhf
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    b=document.ue_backdetect;b&&b.ue_back
    &&a.ue&&(a.ue.bfini=b.ue_back.value);a.
    uet&&a.uet(be);a.onLdEnd&&(window.ad
    dEventListener?window.addEventListener(
    load,a.onLdEnd,1):window.attachEvent&
    &window.attachEvent(onload,a.onLdEnd))
    ;a.ueh&&a.ueh(0,window,load,a.onLd,1);a.
    ue&&a.ue.tag&&(a.ue_furl&&a.ue_furl.sp
    lit?(b=a.ue_furl.split(.))&&b[0]&&a.ue.tag
    (b[0]:a.ue.tag(nofls)}))(ue_csm); var
    ue_pty=Detail, ue_spty=Glance,
    ue_pti=0736045090; v
    (function(g,h){function d(a,d){var
    b={};if(!e !f)try{var
    c=h.sessionStorage;c?a&&(undefined!=t
    ypeof
    d?c.setItem(a,d):b.val=c.getItem(a)):f=1}ca
    tch(g){e=1}e&&(b.e=1);return b}var
    b=g.ue
    { },a=f,e,c,a=d(csmtid);f?a=NA:a.e?a=ET:(
    a=a.val,a (a=b.oid
    NI,d(csmtid,a)),c=d(b.oid),c.e (c.val=c.val
    0,d(b.oid,c.val+1)),b.ssw=d;b.tabid=a))(u
    e_csm,window); (function(b,c){var
    a=c.images;a&&a.length&&b.ue.count(tot
    alImages,a.length)})(ue_csm,document);
    (function(m,h){function I(a){if(a)return
    a.replace(/^\//s+ //s+$/g,)}function
    x(a,e){if(!a)return{ };a.m&&a.m[k]&&(a=a
    .m);var b=e.m e[k]
    ,b=a.m&&a.m[k]?b+a.m[k]:a.m&&a.m.tar
    get&&a.m.target.tagName?b+(Error
    handler invoked by +a.m.target.tagName+
    tag):a.m?b+a.m:a[k]?b+a[k]:b+Unknown
    error,b={m:b,f:a.f a.sourceURL
    a.fileName a.filename
    a.m&&a.m.target&&a.m.target.src,l:a.l
    a.line a.lineno
    a.lineNumber,c:a.c?a.c:a.c,s:[],t:m.ue.d(),
    name:a.name,type:a.type,csm:J+
    +(a.fromOnError?onerror:
    ueLogError)},d,c,g=0,f=0,n;c=h.location;d
    =a.stack (a.err?a.err.stack:);b[y]=e[y]
    c&&c.href missing;b[p]=e[p]
    z;(c=e[q])&&(b[q]=+c);m.ue_ld_err&&h.p
    erformance&&h.performance.timing&&(c
    =h.performance.timing,f=window.performa
    nce&&window.performance.now&&windo
  
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w.performance.timing?window.performanc
e.now()+window.performance.timing.navig
ationStart:+new
Date,b.lid=0l.mxe))){l.ec++;l.ter.push(a);e=e
{};var b=a[p] e[p];e[p]=b;e[q]=a[q]
e[q];b&&b!=z l.ecf++;w(a, e)}}function
w(a,e){if(a){var b=x(a,e),d=e.channel
M;if(ue.log.isStub&&h[u]&&h[u][v]){var
c={};c[d]=b;try{var
g=h[u][v]({rid:ue.rid,sid:m.ue_sid,mid:m.u
e_mid,sn:m.ue_sn,reqs:[c]}),f=h1,n;if(n!=(
f[D]&&f[D](E,g))){var l;if(h[F]){var
k=new
h[F];k.onerror=s;k.ontimeout=s;k.onprogre
ss=s;k.onload=s;k.timeout=0;l=k}else{var
p;if(h[G]){var q=new
h[G];p=withCredentialsin q?q:void 0}else
p=void
0;l=p}n=1;if(d=n){d.open(POST,E,!0);if(d
[H])d[H](Content-type,text/plain);d.send(g
)}catch(r){}}else m.ue.log(b,
d,{nb:1});if(!a.fromOnError){g=h.console
{};d=g.error g.log s;c=h[u];f=Error
logged with the Track&Report JS errors
API(http://tiny/1covqr6l8/wamazindeClieU
serJava):
;if(c&&c[v])try{f+=c[v](b)}catch(t){f+=no
info provided; converting to string
failed}else f+=b.m;d.apply(g,[f,b])}}var
G=XMLHttpRequest,F=XDomainRequest,
N=navigator,D=sendBeacon,v=stringify,u=
JSON,p=logLevel,q=attribution,y=pageUR
L,r=skipTrace,H=setRequestHeader,k=mes
sage,s=function(){},E=//+m.ue_furl+
/1/batch/1/OE/,l=m.ue_err,M=m.ue_err_ch
an
jserr,z=FATAL,J=v6,A=20,t=256,L=RegE
xp( (?([^\s]*):( d+): d+ )?.split(
).join(String.fromCharCode(92))),K=/.*(
.*):(//d*);x[r]=1;C[r]=1;w[r]=1;(function()
{for(var a,e=0;e (function(c,d){var
b=c.ue,a=d.navigator;b&&b.tag&&a&&(a
=a.connection a.mozConnection
a.webkitConnection)&&a.type&&b.tag(net
Info:+a.type)})(ue_csm>window);
(function(c,d){function g(a,b){for(var
c=[],d=0;d
ue_csm.ue.exec(function(d,e,a){function
b(a,b){return{name:a,getFeatureValue:func
tion(){return void 0!==(b 0)}}}function
h(a,b,c){return{name:a,getFeatureValue:fu

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function(){return b===c 0}}function
g(a,b){return{name:a,getFeatureValue:func
tion(){for(var a=0;a ue._bf.modules.push(
ue._bf.mpm(cc_ie5, 1) )
ue._bf.modules.push( ue._bf.mpm(cc_ie6,
1) ) ue._bf.modules.push(
ue._bf.mpm(cc_ie7, 1) )
ue._bf.modules.push( ue._bf.mpm(cc_ie8,
1) ) ue._bf.modules.push(
ue._bf.mpm(cc_ie9, 1) )
(function(g,b,h){ function c(){ var
a;a=h.cookie.match(/session-id=([/w//-]+)/
);a=null!==a?a[1]:null;var
b=ue_sid,c=Date.now?Date.now():(new
Date).getTime();d[a]
(e.log({k:k,t:c,nsid:a,osid:b},f),d[a]=1)}var
k=sbk,f=csm;b=b.navigator.cookieEnabled
?!0:!1;var
e=g.ue,d={ };e.log({k:cinf,enbl:b},f);b&&ue
ue_sid&&(d[ue_sid]=1,e.attach(beforeunloa
d,c),setInterval(c,1E3)))(ue_csm>window,
document);
ue_csm.ue.exec(function(e,f){ var a=e.ue
{};b=a._wlo,d;if(a.ssw){d=a.ssw(CSM_pre
viousURL).val;var
c=f.location,b=b?b:c&&c.href?c.href.split(
#)[0]:void 0;c=(b
)===a.ssw(CSM_previousURL).val;!c&&
b&&a.ssw(CSM_previousURL,b);d=c?relo
ad:d?intrapage-transition:first-view }else
d=unknown;a_nt=d},NavTypeModule)(ue
_csm>window); var
ue_mbl=ue_csm.ue.exec(function(e,a){ fun
ction k(f){b=f
{};a.AMZNPerformance=b;b.transition=b.t
ransition {};b.timing=b.timing
{};if((f=a.webclient&&function===typeof
webclient.getRealClickTime?a.cordova&&
a.cordova.platformId&&ios===cordova.plat
formId?!1:!0:!1)&&b.tags instanceof
Array){ var
c;c=-1!=b.tags.indexOf(usesAppStartTime)
b.transition.type?!b.transition.type&&-1

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