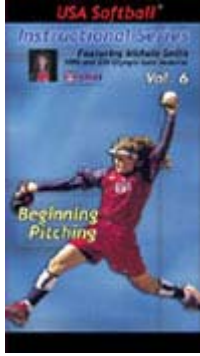


# ASA/USA Softball Instructional Training Videos

## Beginning Pitching



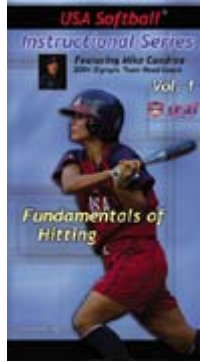
The Beginning Pitching covers the fundamentals of the fast pitch motion. Michele Smith breaks down the motion into easy to understand phases for both players and coaches. She talks about the importance of a solid Pre-motion, leg drive and proper use of the hips at release. See one of USA's best pitcher's demonstrate the proper motion both left-handed and right-handed with help of hi-tech computer and editing program. Run time is approximately: 35 minutes

## Advanced Pitching



The Advanced Pitching covers the major movement pitches in fast pitch softball. Michele Smith breaks down the Rise, Drop, Curve, Screwball and Change-up. She talks about the importance of building solid mechanics in each pitch, helping both players and coaches. See this two-time Olympic gold medalist demonstrate each of these pitches so that you can understand the true fundamentals. Run time is approximately: 35 minutes

## Fundamentals of Hitting



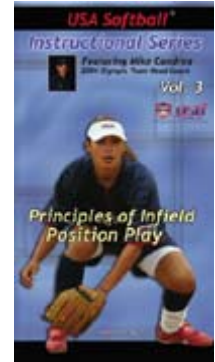
2004 USA Softball Olympic Team head coach Mike Candrea wants to make you a better hitter. He covers all of the key fundamentals-from mental preparation, stance and loading, through the strike and swing.

## Basic Infield Fundamentals



2004 USA Softball Olympic Team head coach Mike Candrea has the ability to make you a better player. He gives clear, concise, easy-to-understand instruction on warming up, the foundations of fielding, throwing footwork, and fielding backhand side and glove-hand side.

## Principles of Infield Position Play



2004 USA Softball Olympic Team head coach Mike Candrea offers championship instruction on infield position play. Whether you're looking to fine tune your skills at shortstop, first second or third base, Candrea guides you through the skills and strategies necessary to elevate your game.

## Fundamentals of Outfield Play



2004 USA Softball Olympic Team assistant coach John Rittman provides instruction on fielding ground balls, catching fly balls, throwing, and the finer points of outfield play.

## Fundamentals of Catching



2004 USA Softball Olympic Team assistant coach Ken Eriksen wants to make you a better catcher. He covers all of the key fundamentals-from the squat position, targeting and receiving, to pickoffs and pop ups.

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### **F03 - Defensive Strategy in Softball Video**

"Defense is second only to pitching in developing a great national team," according to USA Softball National Team coach Ralph Raymond. This tape will provide you the information you need to develop your defensive skills or those of your players using the expertise of USA Softball National Team coach Ralph Raymond. This tape focuses on such important defensive fundamentals as throwing techniques, fielding ground balls, infield footwork, run downs and cut-offs and is loaded with drills that will help you or your players perfect important defensive skills. (Approx. run time: 40 min.) VHS \$25

### **F05 - Coaching Fast Pitch Video**

A nuts and bolts instructional video designed to help coaches and players develop the important foundation essential to success in fast pitch softball. Taught from the perspective of a beginning coach, the video covers all the bases. Items covered include hitting and hitting drills including the sacrifice and slap bunt, throwing, base running, coaching the bases, practice organization, principles of coaching, beginning and advanced errors and corrections and drills, drills and more drills. (Approx. run time: 105 min.) VHS \$25

### **F08 Fundamentals for Future Champions**

Proper fundamentals are the absolute key to developing championship players and elite teams. Two-time USA Softball Olympic Coach Ralph Weekly is joined by two-time Olympic gold medalist Leah O'Brien-Amico and 2000 Olympic gold medalist Jennifer McFalls in this outstanding teaching video. These players provide the detailed skills and drills needed to significantly enhance your game. They will demonstrate some of the same drills used daily by the USA Softball National Teams in preparing for World and Olympic competition. This video covers throwing, infield techniques, footwork, outfield play, hitting fundamentals, bunting, rundowns, and base running. (Approx. run time 60 min.) VHS \$25

### **F09 Catching and Strategies of the Game**

This exceptional tape features Ralph Weekly and Ken Eriksen, two USA National Team Coaches who both have a wealth of national and international coaching experience. Eriksen, head softball coach at the University of South Florida, covers all aspects of the catching position. Emphasis is placed on receiving, blocking and framing the pitch, and throwing. Also discussed is the mental aspect of catching, which is critical information for the "field general" to learn and understand. As part of this dynamic video, Eriksen and Weekly discuss the overall strategies of the game and explain how the USA Softball Team defends the slap, executes the cut-off play, coordinates pickoffs and covers first-and-third situations. Also included are tips on coaching first and third base. (Approx. run time 60 min.) VHS \$25

### **F12 Advanced Fast Pitch Pitching**

Now that you have mastered the fundamentals of fast pitch pitching, it's time to pick up the pace. Remember that Granger rise ball we talked about earlier? The one that jumps up at the last second with such speed it is almost impossible to hit? How awesome would it be to learn that pitch? How about being able to throw a Lisa Fernandez change-up that freezes hitters in their tracks? Or have in your pitching arsenal a curve or screw ball that buckles hitters at their knees? Think about being able to throw a drop ball that falls off the face of the earth. We're here to help you make all that happen. In this video, Michele Granger will teach you the secrets to throwing the rise, drop, curve, screw ball and change-up. Special emphasis is placed on grip on the ball to wrist position at ball release. A variety of drills are covered, which will help you continue your development as a pitcher. As an added bonus, Shelly Stokes returns to take you through training techniques specially designed for advanced pitchers. If you are looking for the #1 video on advanced fast pitch pitching and the proper way to throw a variety of pitches, this is it. (Approx. run time 30 min.) VHS \$25

### **F11 Beginning Fast Pitch Pitching**

Learn the basics of fast pitch pitching from 1996 Olympic gold medalist, Michele Granger. Granger is widely regarded as one of the finest female pitcher's ever to play the game, and now continues her legacy as a renowned pitching instructor. This video addresses the fundamentals of the pitching progression in an easy-to-understand manner. From the moment the pitcher steps inside the circle, to the point of release, Granger takes the viewer through all the basics. A variety of drills are covered, which are sure to help the beginning pitcher take their game to the next level. In addition, included is special bonus coverage featuring 1996 Olympic gold medalist Shelly Stokes. Stokes takes the beginning pitcher through a number of training exercises specifically designed for pitchers. If you are looking for the #1 video on beginning fast pitch pitching, you have come to the right place. (Approx. run time 45 min.) VHS \$25

### **10 Hitting Mechanics and Circuit Training**

For anyone who wants to learn proper hitting fundamentals, loves to analyze the swing and can't get enough of hitting drills and circuit training, this is a one-stop bonanza. This state-of-the-art hitting tape incorporates Ralph Weekly's hitting expertise with information gathered from top collegiate coaches. This video was developed to assist coaches at all levels as they prepare their athletes to compete at the highest level. The drills presented emphasize quality training techniques and illustrate how to get maximum benefit out of limited practice time. Areas addressed in the video include,

hitting techniques and common hitting problems, as well as corrections to those problems. Also highlighted is Weekly's '150 Swings for Success' drill, plus over 25 drills used by the USA Olympic Softball Team. (Approx. run time 60 min.) VHS \$25

#### **Send to:**

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