



## Practice Perfect Baseball

*American Baseball Coaches Association*

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Successful seasons don't begin on opening day. They begin long before, in the cages, gym, locker room, and practice field. There, consistency, execution, and teamwork form the foundations of powerhouse programs and championship titles. While most coaches understand the importance of practice, far fewer have perfected it year after year, team after team.

In *Practice Perfect Baseball*, the game's premier collegiate coaches share their approaches, experiences, and philosophies on every facet of practice. This authoritative guide goes beyond the stretches and drills straight to the heart of winning—effort and attitude. From structuring sessions to evaluating practice performance, the vast information allows you to choose what you wish to implement in your program. You'll find unique insights and invaluable advice from the all-star roster of contributors:

Ed Cheff

Pete Dunn

Dan Hartleb

Steve Jaksa

Tim Jamieson

Mark Johnson

Keith Madison

Sean McNally

Dave Perno

Gary Pullins

Terry Rooney

Dave Serrano

Gary Ward

Bob Warn

In *Practice Perfect Baseball*, you'll identify and establish a practice ethic, learn to assess team strengths, and develop players' skills in the field, on the mound, or at the plate. You'll also learn to make the most of indoor practices, incorporate technology to perfect skills and evaluate performance, and prepare your team for upcoming opponents.

Developed by the American Baseball Coaches Association and edited by Bob Bennett, *Practice Perfect Baseball* is essential reading for every coach at every level of the sport.

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