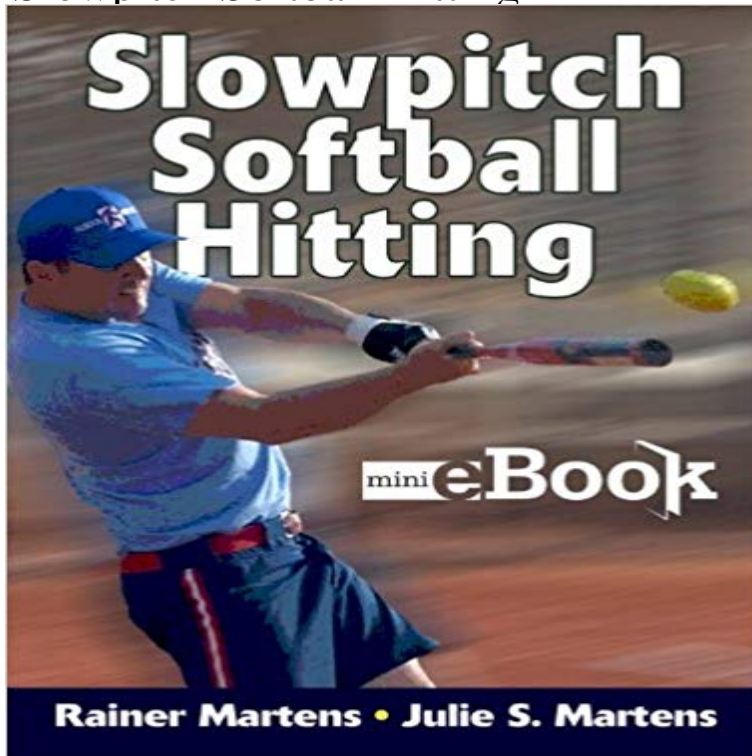


## Slowpitch Softball Hitting



Slowpitch Softball Hitting presents everything you need to know before stepping into the batters box. With this mini e-book, learn how to make the most of each at-bat from senior softball Hall of Famer Rainer Martens and his wife, Julie Martens. With over 45 years of softball experience and PhDs in the sport sciences, Rainer and Julie present detailed information about important techniques related to hitting, such as strike zone recognition, stances, bat selection, and grips. Aside from the basics, you'll learn how to effectively hit for average and increase your bat speed to generate power in various game situations. Different situations within a game require different types of hits to generate runs. Learn how to increase your precision and take your productivity at the plate to new heights. The content in the mini e-book Slowpitch Softball Hitting is abridged from the comprehensive book Complete Guide to Slowpitch Softball (Human Kinetics, 2011). The content here is unique because it is truly specific to the slowpitch game, rather than offering fastpitch advice that has been modified for an alternate audience. This sharp focus is what makes Slowpitch Softball Hitting such a valuable resource for all who play the game.

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SoftballSlowpitch slugger Jeff Hall shares some of his secrets for hitting the long ball. Make sure to **The Three Ts of Hitting - Florida Senior Sports Association** Nov 7, 2015 Slow, high-arcing pitches characterize slow-pitch softball. Follow a few basic hitting techniques to drive the ball as far as possible in every **Tips for hitting Slow Pitch Softball with Power? - Blowout Cards** Dec 17, 2014 - 2 min - Uploaded by Video LibrarySlowpitch Softball hall of fame

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