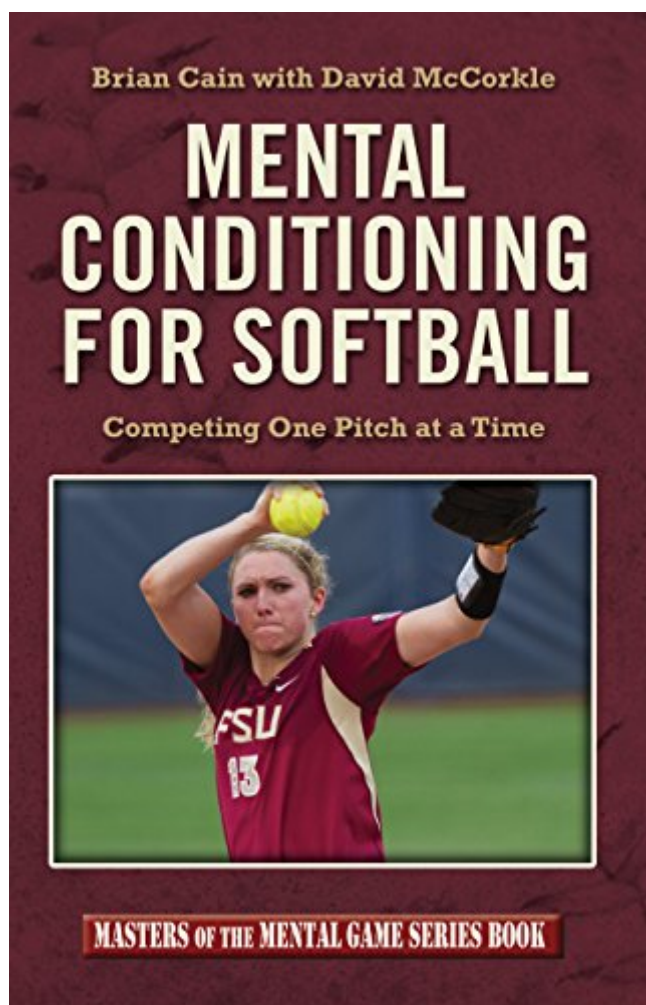


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Mental Conditioning For Softball



Synopsis

In *Mental Conditioning for Softball*, Brian Cain takes you through the process of developing mental toughness in yourself, your players, and your program as you learn how to truly compete one pitch at a time. “One pitch at a time. Many coaches talk about playing softball that way. Cain gives you a simple process that any coach can follow so you can teach how to compete one pitch at a time.”
—Lonni Alameda Head Softball Coach Florida State University
“Softball is a competitive game. As coaches, we are always looking for a competitive advantage. This book gives you a competitive advantage and helps your team compete at their best on a more consistent basis.”
—Vann Stuedeman Head Softball Coach Mississippi State University

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