



Coaching the Beginning Pitcher

Daniel Keller

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Understand and learn to **TEACH** the pitching motion with innovative and effective coaching techniques and follow a proven, easy-to-follow plan for training and developing young pitchers. Here is your complete coaching reference to pitching mechanics, arm care, pick-offs, mound presence, mental strategy, common flaws and fundamental drills. This book will be the most valuable piece of coaching equipment you own!

BENEFITS AND HIGHLIGHTS:

- Learn to **TEACH** pitching in addition to understanding it.
- Keep athletes safe, successful, healthy and having fun on the mound.
- Help athletes tackle tough mental challenges related to the pitcher position.
- Identify and fix common flaws and errors. Set up effective training programs, efficient practices and complete throwing schedules.

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