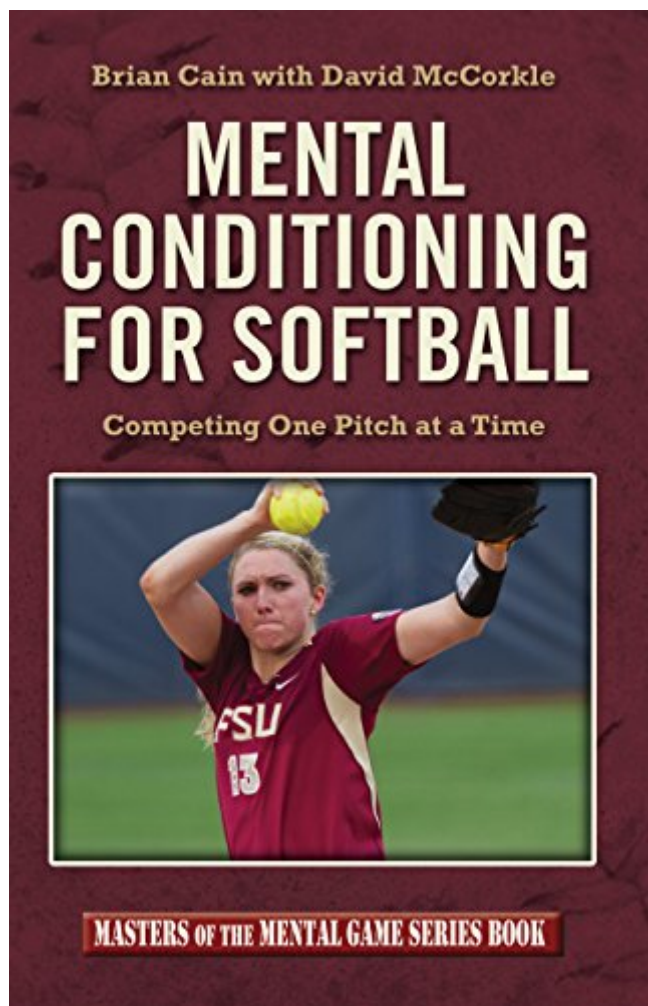


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# Mental Conditioning For Softball



## 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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