



Baserunning

By Mike Roberts, Tim Bishop

Download now

Read Online →

Baserunning By Mike Roberts, Tim Bishop

Smart, aggressive baserunning will change a game, a series, and even a season. It sets the philosophy and mind-set of the coaches, trainers, and players. It becomes instinctual and contagious. It translates to pressure and, most important, wins.

Baserunning is the most complete and authoritative guide on this critical yet often-overlooked offensive skill. You'll go inside today's game to learn the techniques and strategies for ruling the basepaths. Discover the secrets to leading off, detecting pick-off attempts, improving first-step speed, avoiding tags, and determining the best counts and situations for success in stealing bases.

But the art of baserunning is more than just speed and swiping bags—it is effortlessly and efficiently rounding the bases, taking the extra base, tagging up, reading defensive positioning, scouting strengths and weakness, forcing errors, and ultimately scoring runs. Only *Baserunning* covers it all.

With major league advice, skill assessment, the best player and team drills, expert instruction, detailed photo sequences, and proven exercises and routines for speed, agility, and quickness, *Baserunning* is a must-have for every coach, player, and student of the game.

Smart, aggressive baserunning will change a game, a series, and even a season. It sets the philosophy and mind-set of the coaches, trainers, and players. It becomes instinctual and contagious. It translates to pressure and, most important, wins.

Baserunning is the most complete and authoritative guide on this critical yet often-overlooked offensive skill. You'll go inside today's game to learn the techniques and strategies for ruling the basepaths. Discover the secrets to leading off, detecting pick-off attempts, improving first-step speed, avoiding tags, and determining the best counts and situations for success in stealing bases.

But the art of baserunning is more than just speed and swiping bags—it is effortlessly and efficiently rounding the bases, taking the extra base, tagging up, reading defensive positioning, scouting strengths and weakness, forcing errors, and ultimately scoring runs. Only *Baserunning* covers it all.

With major league advice, skill assessment, the best player and team drills, expert instruction, detailed photo sequences, and proven exercises and routines for speed, agility, and quickness, *Baserunning* is a must-have for every coach, player, and student of the game.

“No one knows baserunning, and teaches baserunning, better than Mike Roberts. Even I got faster after reading his book.”

Tim Kurkjian-- Major League Baseball Analyst on ESPN's Baseball Tonight and SportsCenter

Read Baserunning By Mike Roberts, Tim Bishop for online ebook

Baserunning By Mike Roberts, Tim Bishop Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Baserunning By Mike Roberts, Tim Bishop books to read online.

Online Baserunning By Mike Roberts, Tim Bishop ebook PDF download

Baserunning By Mike Roberts, Tim Bishop Doc

Baserunning By Mike Roberts, Tim Bishop Mobipocket

Baserunning By Mike Roberts, Tim Bishop EPub