



The Softball Pitching Edge, Enhanced Edition

Cheri Kempf

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The Softball Pitching Edge DVD provides an unsurpassed visual learning experience on the finer points of fastpitch pitching. Cheri Kempf, one of the top pitching coaches in the world, goes beyond the basics in presenting technical insights and instruction to develop elite-level skills and take pitching performance to a higher level. From the most efficient pitching mechanics to the proper grip for each pitch, Kempf delivers the goods to shut down even the best hitting lineup.

The Softball Pitching Edge DVD shows the correct way to deliver the ball from the rubber to the plate to maximize effectiveness and minimize the risk of injury. It dissects the pitching motion through demonstrations of the correct mechanics and provides 30 different practice drills for mastering those mechanics so that you can throw with greater speed and control.

The DVD also covers all the essentials: presentation, feet, legs, arms, posture, sequence, timing, consistency, location, and speed. You'll see a breakdown of the fundamental mechanics, with details of common mistakes to help develop the proper mechanics. You'll also see specific instructions for developing the drop, the change-up, the rise, the curve, and the screwball.

Use *The Softball Pitching Edge DVD* to improve your technique and add new pitches to your arsenal for more strikeouts and greater success on the mound!

Human Kinetics DVDs are coded for universal playback and can be played in all regions of the world.

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