



DOWNLOAD



Five Steps to Great Hitting and Winning in Life! (Paperback)

By Steve Kennelley

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.If you re a player, coach, or parent who wants to know the Five Steps to Great Hitting and Winning in Life, then you re about to discover how to master the skills needed for great hitting, and how those hitting skills relate to the success principles found in the Bible. Five Steps to Great Hitting and Winning in Life, will give you answers to some of the most frequently asked questions and challenges every hitter has about how to CRUSH the baseball: 1. What s the best stance for maximum power and balance? 2. What s the proper way to grip the bat before and during the swing to achieve maximum hand speed? 3. How important are timing, rhythm and weight transfer? 4. How important are the hips and legs when hitting? 5. Should I extend my arms at contact? 6. What are the linear and rotational approaches to hitting? 7. How does my balance, grip, and attitude in sports apply to successful living? .and more! So, if you re serious about reaching your full potential as...



READ ONLINE
[5.11 MB]

Reviews

Good electronic book and useful one. It usually does not expense a lot of. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Annette Boyle**

This book is fantastic. It really is packed with wisdom and knowledge I am pleased to explain how this is the greatest ebook i actually have go through in my personal daily life and can be he greatest ebook for at any time.

-- **Mr. Zachariah O'Hara**