



1-Pitch Warrior: 101 Tools: Equipped for Excellence (1-Pitch Warrior Series)

Mr Justin B. Dehmer

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Written by Coach Justin Dehmer Mental Game Coach, Speaker, Softball/Baseball Consultant Former Martensdale-St. Marys High School Baseball Coach 88 Wins in a Row (2nd Longest Streak in HS Baseball History) 3-Time State Champions 2010, 2011, 2012 3-Time State Coach of the Year 2010, 2011, 2012 1-Pitch Warrior: 101 Tools—Equipped for Excellence is intended to give you ideas to run with—ways to make your program better and better until you reach excellence. Some things you may already do so I hope that the concepts and techniques reinforce what you are currently doing. In other cases, the chapters may give you ways to do the same old thing you have done for years but in a new way. The challenge is to find new ways to create growth in the way you operate your program to provide the best learning experience for your players. Whenever I attend a clinic, I always try to walk away with two to three ideas that spark something new for me to build off of. My hope is that you are able to find more than two or three ideas within the 101 Chapters of what it takes to be a 1-Pitch Warrior. The topics in the book range from ways to measure the process both at practice and in games, mental game ideas, practice organization, program builders, team builders, my favorite drills/teaching tools, and charting. I am confident that you will learn much and will be able to apply the concepts to your program immediately. The best coaches never stop learning and searching for better ways. I applaud you for your passion and determination for growth and on becoming a 1-Pitch Warrior.

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