

Heads Up Baseball

“Fix Her Up ticks all my romance boxes. Not only is it hilarious, it’s sweet, endearing, heartwarming and downright sexy. It’s a recipe for the perfect love story.” – Helena Hunting, New York Times bestselling author of Meet Cute A steamy, hilarious new romantic comedy from New York Times bestselling author Tessa Bailey, perfect for fans of Christina Lauren and Sally Thorne! Georgette Castle’s family runs the best home renovation business in town, but she picked balloons instead of blueprints and they haven’t taken her seriously since. Frankly, she’s over it. Georgie loves planning children’s birthday parties and making people laugh, just not at her own expense. She’s determined to fix herself up into a Woman of the World... whatever that means. Phase one: new framework for her business (a website from this decade, perhaps?) Phase two: a gut-reno on her wardrobe (fyi, leggings are pants.) Phase three: updates to her exterior (do people still wax?) Phase four: put herself on the market (and stop crushing on Travis Ford!) Living her best life means facing the truth: Georgie hasn’t been on a date since, well, ever. Nobody’s asking the town clown out for a night of hot sex, that’s for sure. Maybe if people think she’s having a steamy love affair, they’ll acknowledge she’s not just the “little sister” who paints faces for a living. And who better to help demolish that image than the resident sports star and tabloid favorite. Travis Ford was major league baseball’s hottest rookie when an injury ended his career. Now he’s flipping houses to keep busy and trying to forget his glory days. But he can’t even cross the street without someone recapping his greatest hits. Or making a joke about his... bat. And then there's Georgie, his best friend’s sister, who is not a kid anymore. When she proposes a wild scheme—that they pretend to date, to shock her family and help him land a new job—he agrees. What’s the harm? It’s not like it’s real. But the girl Travis used to tease is now a funny, full-of-life woman and there’s nothing fake about how much he wants her...

Written by Coach Justin Dehmer, 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 - Guide to Mental Toughness is the key to unlocking your full potential as a player or a coach. Not only do the things provided in this book allow you to find your true potential on the field, but I am confident that they will enrich your life off the field as well. Being a 1 Pitch Warrior is about much more than winning on the baseball field, it is about winning the day, making the most out opportunities that come your way good or bad. It's about learning how to respond to adversity and handle anything that baseball or life has to throw at you. Within this book you will learn many systems of success including the 5 P's of Primetime Programs. Playing for the present and trying to win each pitch is broken down in great detail so you will actually learn a cyclical process by which you can help ensure that you're

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playing the game as a 1 Pitch Warrior. You will learn about measuring performance on skills and strategies that have meaning and that matter far more than just the basics like averages, RBIs, wins, etc. Topics will include: B.A.S.E.2., A3P, Quality At-Bats, Quality Innings, and others. The last part of the book is dedicated to developing a vocabulary among your coaching staff and players so that you all use the same language in defining what it means to be a 1 Pitch Warrior. These terms can be discussed at practice or assigned as daily reading for your players before practice. Whether you are a veteran coach seeking that first state title or a high school player trying to make the varsity, there is something for everyone in the book. The 1 Pitch Warrior Mentality is for anyone who wants to attack life and live in the moment. Remember that the past is history, the future is a mystery; we call it the "present" because it is a gift. Here's to unwrapping the moments in life that you desire but have yet to experience. Good luck on your journey as a 1 Pitch Warrior!

Details the life of the legendary, record-holding baseball player, who retired in 1928 and became the first inductee into the Hall of Fame, but who has also been categorized as a belligerent, aggressive player and a racist who hated women and children.

New York Times Bestseller After twenty consecutive losing seasons for the Pittsburgh Pirates, team morale was low, the club's payroll ranked near the bottom of the sport, game attendance was down, and the city was becoming increasingly disenchanted with its team. Pittsburghers joked their town was the city of champions...and the Pirates. Big Data Baseball is the story of how the 2013 Pirates, mired in the longest losing streak in North American pro sports history, adopted drastic big-data strategies to end the drought, make the playoffs, and turn around the franchise's fortunes. Award-winning journalist Travis Sawchik takes you behind the scenes to expertly weave together the stories of the key figures who changed the way the small-market Pirates played the game. For manager Clint Hurdle and the front office staff to save their jobs, they could not rely on a free agent spending spree, instead they had to improve the sum of their parts and find hidden value. They had to change. From Hurdle shedding his old-school ways to work closely with Neal Huntington, the forward-thinking data-driven GM and his team of talented analysts; to pitchers like A. J. Burnett and Gerrit Cole changing what and where they threw; to Russell Martin, the undervalued catcher whose expert use of the nearly-invisible skill of pitch framing helped the team's pitchers turn more balls into strikes; to Clint Barmes, a solid shortstop and one of the early adopters of the unconventional on-field shift which forced the entire infield to realign into positions they never stood in before. Under Hurdle's leadership, a culture of collaboration and creativity flourished as he successfully blended whiz kid analysts with graybeard coaches—a kind of symbiotic teamwork which was unique to the sport. Big Data Baseball is Moneyball on steroids. It is an entertaining and enlightening underdog story that uses the 2013 Pirates season as the

perfect lens to examine the sport's burgeoning big-data movement. With the help of data-tracking systems like PitchF/X and TrackMan, the Pirates collected millions of data points on every pitch and ball in play to create a tome of color-coded reports that revealed groundbreaking insights for how to win more games without spending a dime. In the process, they discovered that most batters struggled to hit two-seam fastballs, that an aggressive defensive shift on the field could turn more batted balls into outs, and that a catcher's most valuable skill was hidden. All these data points which aren't immediately visible to players and spectators, are the bit of magic that led the Pirates to spin straw in to gold, finish the 2013 season in second place, end a twenty-year losing streak.

Top college baseball coaches offer drills for players at all levels. Focuses on hitting, baserunning, fielding, pitching, and catching.

These 45 winning activities are based on America's favorite pastime. Baseball fans will be delighted to circle words related to Little League, complete a baseball crossword puzzle, solve mazes, follow-the-dots, find-the-differences, and more. Kids can pick up a few interesting stats while having nine innings of fun!

Former Major League pitcher and mental skills coach for two of baseball's legendary franchises (the Boston Red Sox and San Francisco Giants) Bob Tewksbury takes fans inside the psychology of baseball. In *Ninety Percent Mental*, Bob Tewksbury shows readers a side of the game only he can provide, given his singular background as both a longtime MLB pitcher and a mental skills coach for two of the sport's most fabled franchises, the Boston Red Sox and San Francisco Giants. Fans watching the game on television or even at the stadium don't have access to the mind games a pitcher must play in order to get through an at-bat, an inning, a game. Tewksbury explores the fascinating psychology behind baseball, such as how players use techniques of imagery, self-awareness, and strategic thinking to maximize performance, and how a pitcher's strategy changes throughout a game. He also offers an in-depth look into some of baseball's most monumental moments and intimate anecdotes from a "who's who" of the game, including legendary players who Tewksbury played with and against (such as Mark McGwire, Craig Biggio, and Greg Maddux), game-changing managers and executives (Joe Torre, Bruce Bochy, Brian Sabean), and current star players (Jon Lester, Anthony Rizzo, Andrew Miller, Rich Hill). With Tewksbury's esoteric knowledge as a thinking-fan's player and his expertise as a "baseball whisperer", this entertaining book is perfect for any fan who wants to see the game in a way he or she has never seen it before. *Ninety Percent Mental* will deliver an unprecedented look at the mound games and mind games of Major League Baseball.

A young baseball player is frustrated beyond belief... and on the verge of choking away a dream... when a mysterious man appears and offers coaching beyond the player's wildest imagination. As the drama unfolds you'll discover... How to

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make total confidence as easy as ABC The hidden Law right now governing your success in everything How to eliminate negative thoughts and feelings in 5 minutes or less What really causes you to under-perform... and how to fix it 5 simple steps to breaking through to the next level Dr. Tom Hanson is on the leading edge of sports psychology. His knowledge goes way beyond the conventional and traditional. His teachings have been extremely helpful, not only in my career, but in my life in general. Carlos Pena, First Baseman, Chicago Cubs

Mental Toughness For Young Athletes is a book designed to help kids and teens find and strengthen their mental toughness mindset muscle. There are a lot of books out there for mental toughness for the adult mind, but not a lot for the developing mind. This book fills the gap. Filled with proven, easy to apply, 5-minute exercises, "Mental Toughness For Young Athletes" is a chronicling of an actual youth athlete's mental toughness journey. In the book he and his father talk about their mental toughness struggles and successes. They also give the exact mental toughness exercises that helped them down their path towards their success. If you have a young athlete who is struggling with finding and growing their mental toughness this book is for you. Real proven exercises with a young athlete's perspective. Experts are great, but having a kid's mindset and thought process included in a book about mental toughness for kids and teens is priceless.

A behind-the-scenes analysis of professional baseball's hidden rules reveals the impact of unwritten codes of conduct, retaliatory behaviors, and cheating, providing examples as committed by such figures as Mickey Mantle, Willie Mays, and Don Drysdale. Offers 198 activities for baseball players' training. Covers drills for warm-up, throwing, catching, base running, hitting, pitching, and fielding.

In this groundbreaking book, Keith Law, baseball writer for The Athletic and author of the acclaimed Smart Baseball, offers an era-spanning dissection of some of the best and worst decisions in modern baseball, explaining what motivated them, what can be learned from them, and how their legacy has shaped the game. For years, Daniel Kahneman's iconic work of behavioral science Thinking Fast and Slow has been required reading in front offices across Major League Baseball. In this smart, incisive, and eye-opening book, Keith Law applies Kahneman's ideas about decision making to the game itself. Baseball is a sport of decisions. Some are so small and routine they become the building blocks of the game itself—what pitch to throw or when to swing away. Others are so huge they dictate the future of franchises—when to make a strategic trade for a chance to win now, or when to offer a millions and a multi-year contract for a twenty-eight-year-old star. These decisions have long shaped the behavior of players, managers, and entire franchises. But as those choices have become more complex and data-driven, knowing what's behind them has become key to understanding the sport. This fascinating, revelatory work explores as never before the essential question: What were they thinking? Combining behavioral science and interviews with executives, managers, and players, Keith Law analyzes baseball's biggest decision making successes and failures, looking at how gambles and calculated risks of all sizes and scales have shaped the sport, and how the game's ongoing data revolution is rewriting decades of accepted decision making. In the process, he explores questions that have long been debated, from whether throwing harder really increases a player's risk of

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serious injury to whether teams actually “overvalue” trade prospects. Bringing his analytical and combative style to some of baseball’s longest running debates, Law deepens our knowledge of the sport in this entertaining work that is both fun and deeply informative.

Examines rules in baseball, illustrating each with actual plays from historical and contemporary games to understand the mechanics of a play or how it should be scored.

A must-have book by acclaimed author and expert H.A. Dorfman that highlights the crucial mental components involved in hitting a baseball and playing the game, components that are as important, if not more so, than the intense physical regimen of an athlete. In Fantagraphics’ ceaseless effort to rediscover every world-class cartoonist in the history of the medium, we turn your attention to a neglected part of the art form—sports cartooning—and to its greatest practitioner—Willard Mullin. The years 1930-1970 were the Golden Age of both American sports and American comic strips, when giants strode their respective fields—Babe Ruth, Lou Gehrig, and Hank Aaron in one, George (Krazy Kat) Herriman, Milton (Steve Canyon) Caniff, Walt (Pogo) Kelly in the other—and Mullin was there, straddling both fields, recording every major player and event in the mid-20th-century history of baseball. Mullin was to baseball players what Bill Mauldin was to soldiers: advocate and critic, investing them with personality, humanity, dignity, and poignancy; Mauldin had Willie & Joe and Mullin had the Brooklyn Bum, his affectionate 1939 character representing the bedraggled figure of the Brooklyn Dodgers. Willard Mullin’s *Golden Age of Baseball: Drawings 1934-1972* collects for the first time Mullin’s best drawings devoted to baseball—depictions of players like Joe DiMaggio, Ted Williams, Yogi Berra, and Sandy Koufax, legendary managers like Casey Stengel and George Steinbrenner, and events like Lou Gehrig’s emotional retirement speech on July 4, 1939, for which Mullin not only drew a portrait but composed a poem (which he often incorporated into his cartoons). Mullin’s fluid line and delicate but vigorous brushwork are shown to beautiful effect, with many drawings reproduced from original art. See why millions of baseball fans from the ’30s to the ’70s looked forward to Mullin’s cartoons in their daily paper.

The dramatic story of a legendary 1979 slugfest between the Chicago Cubs and the Philadelphia Phillies, full of runs, hits, and subplots, at the tipping point of a new era in baseball history. It was a Thursday at Chicago’s Wrigley Field, mostly sunny with the wind blowing out. Nobody expected an afternoon game between the Philadelphia Phillies and Chicago Cubs on May 17, 1979, to be much more than a lazy early-season contest matching two teams heading in opposite directions—the first-place Phillies and the Cubs, those lovable losers—until they combined for thirteen runs in the first inning. “The craziest game ever,” one player called it. “And then the second inning started.” *Ten Innings at Wrigley* is Kevin Cook’s vivid account of a game that could only have happened at this ballpark, in this era, with this colorful cast of heroes and heels: Hall of Famers Mike Schmidt and Bruce Sutter, surly slugger Dave Kingman, hustler Pete Rose, unlucky Bill Buckner, scarred Vietnam vet Garry Maddox, troubled relief pitcher Donnie Moore, clubhouse jester Tug McGraw, and two managers pulling out what was left of their hair. It was the highest-scoring ballgame in a century, and much more than that. Bringing to life the run-up and aftermath of a contest *The New York Times* called “the wildest in modern history,” Cook reveals the human stories behind the game—and how money, muscles and modern statistics

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were about to change baseball forever.

The New York Times bestseller about what would happen if two statistics-minded outsiders were allowed to run a professional baseball team. It's the ultimate in fantasy baseball: You get to pick the roster, set the lineup, and decide on strategies -- with real players, in a real ballpark, in a real playoff race. That's what baseball analysts Ben Lindbergh and Sam Miller got to do when an independent minor-league team in California, the Sonoma Stompers, offered them the chance to run its baseball operations according to the most advanced statistics. Their story in *The Only Rule is It Has to Work* is unlike any other baseball tale you've ever read. We tag along as Lindbergh and Miller apply their number-crunching insights to all aspects of assembling and running a team, following one cardinal rule for judging each innovation they try: it has to work. We meet colorful figures like general manager Theo Fightmaster and boundary-breakers like the first openly gay player in professional baseball. Even José Canseco makes a cameo appearance. Will their knowledge of numbers help Lindbergh and Miller bring the Stompers a championship, or will they fall on their faces? Will the team have a competitive advantage or is the sport's folk wisdom true after all? Will the players attract the attention of big-league scouts, or are they on a fast track to oblivion? It's a wild ride, by turns provocative and absurd, as Lindbergh and Miller tell a story that will speak to numbers geeks and traditionalists alike. And they prove that you don't need a bat or a glove to make a genuine contribution to the game.

The author shares lessons he learned throughout his athletic career, explaining how he approached baseball philosophically and learned to be still, live in the present, and achieve mindfulness in spite of challenges and fame.

Broken up into sections (pitching, fielding, hitting), this authoritative yet fun and easy guide will help readers young and old fully understand and comprehend the statistics that are the present and future of our national pastime. We all know what a .300 hitter looks like. The same with a 20-game winner. Those numbers are ingrained in our brains. But do they mean as much as we think? Do we feel the same way when we hear a batter has a .390 wOBA? How about a pitcher with a 1.2 WHIP? These statistics are the future of modern baseball, and no fan should be in the dark about how these metrics apply to the game. In the last twenty years, an avalanche of analytics has taken over the way the game is played, managed, and assessed, but the statistics that drive the sport (metrics like wRC+, FIP, and WAR, just to name a few) read like alphabet soup to a large number of fans who still think batting average, RBIs, and wins are the best barometers for baseball players. In *A Fan's Guide to Baseball Analytics*, MLB.com reporter and columnist Anthony Castrovine has taken on the role as explainer to help such fans understand why the old stats don't always add up. Readers will also learn where these modern stats came from, what they convey, and how to use them to evaluate players of the present, past, and future. For instance, what if we told you that when Joe DiMaggio had his famous 56-game hitting streak in 1941, helping him win the AL MVP, that there was, perhaps, someone more deserving? In fact, the great Ted Williams actually had a higher fWAR, bWAR, wRC+, OPS, OPS+, ISO, RC . . . well, you get the picture. So, streak or no streak, Williams should have been league MVP. An introductory course on sabermetrics, *A Fan's Guide to Baseball Analytics* is an easily digestible resource that readers can keep turning back to when they see a modern metric referenced in today's baseball coverage.

Heads-Up Baseball: Playing the Game One Pitch at a Time McGraw-Hill Education

This original board book series, which begins with America's favorite pastime--baseball--is sure to be a homerun with the youngest of readers and the sports-loving grown-ups in their lives. A toddler spends an afternoon at the park with his family where he is introduced to baseball for the first time. He makes a few mistakes as he warms up, takes the field, and goes to bat, but he keeps going until he scores the

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final run of the day and goes to bed a winner.

The definitive insider story of the cheating scandal that rocked Major League Baseball in 2019, bringing down high-profile coaches and players, and exposing a long-rumored "sign-stealing" dark side of baseball. By the fall of 2019, most teams around Major League Baseball suspected that the Houston Astros had been stealing signs for several years. The Astros had won the 2017 World Series and made the playoffs the next two seasons. All the while, opponents felt that Houston's hitters knew what pitches were coming. The ensuing scandal rivaled that of the 1919 "Black Sox" and the more recent steroid era, and became one of the most significant that the game had ever seen. The fallout ensnared many other teams, either as victims, alleged cheaters or both. The Los Angeles Dodgers felt robbed of a World Series title, and fended off accusations about their organization. Same for the New York Yankees. The Boston Red Sox were soon under investigation themselves. The New York Mets lost a promising manager before he ever managed a game. Andy Martino, an award-winning journalist who has covered Major League Baseball for more than a decade, has broken numerous stories about the Astros and sign-stealing in baseball. In *Cheated*, Martino takes readers behind the scenes and into the heart of the events that shocked the baseball world. With inside access to the people directly involved, Martino breaks down not only exactly what happened and when, but reveals the fascinating explanations of why it all came about. The nuance and detail of the scandal reads like a true sports whodunnit. How did otherwise good people like Astros' manager A.J. Hinch, bench coach Alex Cora and veteran leader Carlos Beltran find themselves on the wrong side of clear ethical lines? And did they even know when those lines had been crossed? *Cheated* is an explosive, electrifying read.

The Mental Game VIP program goes inside the greatest minds in the game of baseball and will teach you the strategies and philosophies to consistently play your best!

In *Mental Conditioning for Baseball*, Brian Cain, the foremost authority on mental toughness on the diamond, takes you through the process of developing mental toughness in yourself, your players and your program as you learn how to truly play one pitch at a time. Matt Morse, former D1 baseball player and student of Brian Cain Peak Performance, brings his experiences in the mental game to *Mental Conditioning for Baseball*. He adds a tremendous perspective gained throughout his playing career, and offers simple strategies to maximize performance and master the mental side of the game. Join Cain and Morse as they train you to: Compete one pitch at a time and live in the present moment Become a machine of consistency by implementing routines into what you do each day Build Championship Character and redefine who you are as a program Enhance your skill of Self-discipline and live a lifestyle of Excellence Gain Emotional Control and become master of your mental game Implement a step-by-step process to take you from where you are to where you want to be "Mental Conditioning for Baseball gives you incredible understanding and insight into the minds of the players you coach and human nature in general. I have worked with Cain at Wake Forest and can't wait to get back on the diamond and coach up our guys between the ears using the simple strategies for success Cain shares in this book. Every coach should have a copy." Cliff Godwin Head Baseball Coach East Carolina University "Brian Cain knows the rhythm of success. He is an incredible source of inspiration, and his methods have proven to get results. This book will change the way you coach and will change the way you live." Gary Gilmore Head Baseball Coach Coastal Carolina University "Brian Cain is a teacher. He helps coaches and players in baseball to slow the game down and play at their pace, which gives them the best chance for success. His system helped us to win the Southeastern Conference in 2009 and 2014 and advance to Omaha in 2014. He is one of if not the best in the game when it comes to training the mental side." Mike Bianco Head Baseball Coach The University of Mississippi 2009 & 2014 Southeastern Conference Champions 2014 NCAA College World Series "This book will help you learn to master the mental game of baseball. Cain is the

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premier mental conditioning coach for college and high school baseball."Erik BakichHead Baseball CoachThe University of Michigan"A classic that every baseball coach should own."Pat CaseyHead Baseball CoachOregon State University2006 & 2007 NCAA National Champions "I have been in baseball my whole life and this is the best book on the mental game I have ever read."Eric Milton1996 NY Yankees 1st Round Pick2001 MLB All-Star, Minnesota TwinsHead Baseball Coach, Severna Park High School, MD
Outlines the author's philosophies about coaching and life, as penned in a letter to the parents of a little league player, while tracing his appointment as a manager for the St. Louis Cardinals and his successful first seasons.

Baseball is a strange sport: it consists of long periods in which little seems to be happening, punctuated by high-energy outbursts of rapid fire activity. Because of this, despite ever greater profits, Major League Baseball is bent on finding ways to shorten games, and to tailor baseball to today's shorter attention spans. But for the true fan, baseball is always compelling to watch -and intellectually fascinating. It's superficially slow-pace is an opportunity to participate in the distinctive thinking practice that defines the game. If baseball is boring, it's boring the way philosophy is boring: not because there isn't a lot going on, but because the challenge baseball poses is making sense of it all. In this deeply entertaining book, philosopher and baseball fan Alva Noë explores the many unexpected ways in which baseball is truly a philosophical kind of game. For example, he ponders how observers of baseball are less interested in what happens, than in who is responsible for what happens; every action receives praise or blame. To put it another way, in baseball - as in the law - we decide what happened based on who is responsible for what happened. Noe also explains the curious activity of keeping score: a score card is not merely a record of the game, like a video recording; it is an account of the game. Baseball requires that true fans try to tell the story of the game, in real time, as it unfolds, and thus actively participate in its creation. Some argue that baseball is fundamentally a game about numbers. Noe's wide-ranging, thoughtful observations show that, to the contrary, baseball is not only a window on language, culture, and the nature of human action, but is intertwined with deep and fundamental human truths. The book ranges from the nature of umpiring and the role of instant replay, to the nature of the strike zone, from the rampant use of surgery to controversy surrounding performance enhancing drugs. Throughout, Noe's observations are surprising and provocative. Infinite Baseball is a book for the true baseball fan.

#1 Best-Selling Author, Brian Cain gives you the second book in the Masters of The Mental Game series with So What, Next Pitch! How to play your best, when it means the most.One of the world's most sought after coaches and speakers, Cain gives you the fundamentals of mental conditioning that will help you to unlock your potential.Cain has interviewed top coaches like Hall of Fame Wrestling Coach Dan Gable, One of College Baseball's premiere coaches in Dave Serrano, Justin Dehmer a high school baseball coach who won 87 straight games, Patrick Murphy the National Championship winning softball coach from The University of Alabama and one of the mental games greatest legends in Harvey Dorfman.So What, Next Pitch WILL:Give you a system for playing the game one pitch at a timeTake you inside some of the best minds in the game of baseballShow you how to deal with failure both on the field and in lifeServe as your map on the journey to mental toughnessUnlock your potential and give you the

mental keys to success

A successful college baseball coach recounts his transition from a fear-based life to a rewarding career of passionate motivation, outlining the lessons he has learned about opportunity, courage, and failure.

If you are a baseball fan, then coaching youth baseball is one the most enjoyable and rewarding activities you'll experience. But what if you've never coached before? Or you haven't played the game in a while and have forgot some key points to the sport? No worries! Coaching Baseball for Dummies guides you through the rules of the game, explaining all the essential skills and the best ways to teach them to your players. Covering different age groups and great practice routines, this guide is all you need to have a fun-filled season. You'll discover how to: Fulfill the role of being a coach and parent Develop a coaching philosophy Understand how your league works Evaluate your team Teach your players fundamentals Understand all kinds of children Create your practice plan Prepare for game day Overcome challenges and problems This plain-English guide also shows you how to run all kinds of drills, from hitting and pitching to fielding and base running. And when your team is tense or low on morale, it shows you how to relax your players and keep them focused on the game. There are also suggestions for making your season, and theirs, a memorable one. Coaching Baseball for Dummies shows you how much fun it can be to train kids to be athletes, have good sportsmanship, and work together as a team.

Baseball, our national pastime. Every fan has memories of their team's incredible victories and anguishing defeats. We remember the home runs, the walk-off wins, and the moments that will last a lifetime. We also remember those things which we wish we could forget: the errors, the mental mistakes . . . and the ugly uniforms. In an ode to those eyesores, Todd Radom has collected and chronicled some of the swing-and-misses we've ever seen on the baseball diamond. Remember when the Chicago White Sox thought wearing shorts in 1977 was a good idea? How about when the Baltimore Orioles wore their all-orange jerseys in 1971? Do you remember the 1999 "Turn Ahead the Clock" campaign? Or the most recent all-camo jerseys of San Diego Padres? Yes, there is much to talk about when it comes to the odd uniform decisions teams have made over the years. But just like there's love out there for French bulldogs or Christmas sweaters, ugly uniforms hold a warm place in the heart of all baseball fans. Sure they didn't affect wins and losses (unless you mention Chris Sale), but a fan's love and ire goes well beyond the current standings. So whether your team appears in Ugly Baseball Uniforms or not, fans of the sport will enjoy reliving the moments most teams would like to forget.

The untold story of baseball's nineteenth-century origins: "a delightful look at a young nation creating a pastime that was love from the first crack of the bat" (Paul Dickson, The Wall Street Journal). You may have heard that Abner Doubleday or Alexander Cartwright invented baseball. Neither did. You may have been told that a club called the Knickerbockers played the first baseball game in 1846. They didn't. Perhaps you've read that baseball's color line was first crossed by Jackie Robinson in 1947. Nope. Baseball's true founders don't have plaques in Cooperstown. They were hundreds of uncredited, ordinary people who played without gloves, facemasks, or performance incentives. Unlike today's pro athletes, they lived full lives outside of sports. They

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worked, built businesses, and fought against the South in the Civil War. In this myth-busting history, Thomas W. Gilbert reveals the true beginnings of baseball. Through newspaper accounts, diaries, and other accounts, he explains how it evolved through the mid-nineteenth century into a modern sport of championships, media coverage, and famous stars—all before the first professional league was formed in 1871. Winner of the Casey Award: Best Baseball Book of the Year

"This book provides practical strategies for developing the mental skills which help speed you to your full potential."---Dave Winfield
What does it mean to play heads-up baseball? A heads-up player has confidence in his ability, keeps control in pressure situations, and focuses on one pitch at a time. His mental skills enable him to play consistently at or near his best despite the adversity baseball presents each day. "My ability to fully focus on what I had to do on a daily basis was what made me the successful player I was. Sure I had some natural ability, but that only gets you so far. I think I learned how to focus; it wasn't something that I was necessarily born with." -- Hank Aaron
"Developing and refining my mental game has played a critical role in my success in baseball. For years players have had to develop these skills on their own. This book provides practical strategies for developing the mental skills that will help speed you toward your full potential." -- Dave Winfield

Ten-year-old Bobby Ellis loves everything about baseball, from the hits to the hot dogs. That's why he calls himself Bobby Baseball! Every day he dreams of becoming a major league pitcher and joining the stars in the Baseball Hall of Fame. And what better place to start his career than right here on his own Kids Club team, the Hawks? But the hawks' coach happens to be Bobby's father, who has other ideas. "You're a natural second baseman," he says, expecting Bobby to be a model player who never makes a single mistake. Get real, Dad! When Bobby pitches three winning games in a row, the Hawks rule. Suddenly Bobby's life seems like one big baseball game--games on the field, games on TV, and games in his mind. Can Bobby keep on winning? Can he count on Dad?

CATCHING-101: The Complete Guide for Baseball Catchers is the most comprehensive book ever written for baseball catchers. It contains tips, drills, and proper mechanics that will help every catcher or coach better understand the most difficult position on the field. This book contains information on EVERY aspect of catching that Coach Barksdale has learned through his years of experience from coaching nationally ranked NCAA teams, and playing at almost every level from Little League to professional baseball. A few of the topics covered in CATCHING-101 are: • Receiving • Blocking • Catching Pop Flies • Throwing • Fielding Bunts • Plays at Home Plate • Drills • Pitchouts • Pass Balls/Wild Pitches • Giving Signals • And More! If you have been searching for a source with lots of high quality information about catching, this is the book for you! CATCHING-101 was written by Coach Xan Barksdale who is currently an NCAA Division I baseball coach and an ex-professional baseball player. Coach Barksdale played in the Atlanta Braves organization and has been a featured speaker at the prestigious ABCA (American Baseball Coaches Association) national convention.

2001: A Baseball Odyssey began as an informative look at a season of professional baseball in Taiwan for Bo Durkac, a seven-year veteran of professional baseball. Although brief, his stint in the Orient offers a cross-cultural tale of the many differences—both on the field and off—he experienced in his search for the financial compensation unavailable to him in the USA. The author's return to the minor leagues in California came to represent a soul-searching, and, at times, comical, look at the daily life of his new team, the Sonoma County Crushers. As his squad struggled against big hitting teams, he and a small core of experienced players held together a less-than-talented group of younger athletes which then challenged the top teams to compete for the playoffs of the independent Western Baseball League. Told in journal form, the book

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tells of the bus rides into the night, the intrasquad humor and squabbles, and the constant revolving door of players brought in and players moved out. Furthermore, as a microcosm of the increased “internationalization” of professional baseball, he includes a number of humorous exchanges with a former Japanese Major League All-Star, a 34-year-old Colombian pitcher, and two recently defected Cuban ballplayers. Ultimately, Durkac goes to Long Island, NY, to close out the summer with the Long Island Ducks of the high-profile Atlantic League and attempts to resolve his own internal conflict over his future while his batting average plummets in the face of superior competition. It is worth noting that the terrorist attacks of September 11, perhaps the ultimate metaphor of Durkac’s career, occurred during his stay with the Long Island Ducks. Whether you are an up-and-coming ballplayer with professional aspirations, someone who loves reading about our national pastime, or someone who simply loves a good story, 2001: A Baseball Odyssey is a must-have.

Provides a look at baseball from the pitcher's point of view, examining the psychological contest between the pitcher and a batter and the techniques and tactics of some of the game's finest pitchers, past and present.

Pedro Gomez of ESPN was a beloved figure in the world of baseball and his death from sudden cardiac arrest on Feb. 7, 2021, unleashed an outpouring of heartfelt tributes. He was 58, both a hard-nosed reporter and a smiling ambassador of the sport. These 62 personal essays soar beyond sports to delve into life lessons. Pedro, a proud Cuban American, was known for his dramatic reporting from Havana. Fully and fluidly bilingual, he did as much as anyone to bridge the wide gap that had existed between U.S.-born players and the Latin Americans now so important to the game's vitality and future growth. He was also a family man who loved to talk about his three children, Sierra, Dante and Rio, a Boston Red Sox prospect. Pedro was universally known as a smiling presence who brought out the best in people. His humanity and generosity of spirit shaped countless lives, including one of his ESPN bosses, Rob King, who was so moved by Pedro's advice to him--"Remember who you are"--that he printed up the words and posted them on the wall of his office in Bristol. King is one of a diverse collection of contributors whose personal essays turn Pedro's shocking death into an occasion to reflect on the deeper truths of life we too often overlook. Part The Pride of Havana and part Tuesdays With Morrie, part The Tender Bar and part Ball Four, this is the rare essay collection that reads like a novel, full of aching honest emotion and painful insights, a book about friendship, a book about standing for something, a book about joy and love. Former New York Times writer Jack Curry writes about Pedro's passion for live music, and former Sports Illustrated writer Tim Kurkjian brings alive spring-training basketball games with executives like Sandy Anderson and Billy Beane and Pedro right in the mix. Detroit manager AJ Hinch and former Texas manager Ron Washington both reveal that in their darkest hours Pedro gave them some of the best advice of their lives. Hall of Famers Dennis Eckersley, Tony La Russa, Peter Gammons, Ross Newhan, Tracy Ringolsby and Dan Shaughnessy are among the contributors. So are likely future Hall of Famers Max Scherzer and Dusty Baker. Pulitzer-Prize-winning Washington Post war correspondent Steve Fainaru, award-winning writers from Howard Bryant and Mike Barnicle to Tim Keown, Ken Rosenthal and Dave Sheinin also contribute. Rounding out the mix are current and former ESPN stars including Rachel Nichols, Shelley M. Smith, Peter Gammons, Bob Ley and Keith Olbermann. This is a book to rekindle in any lapsed fan a love of going to the ballpark, but it's also a wakeup call that transcends sports. To any journalist, worn down by the demands of a punishing job, to anyone anywhere, pummeled by pandemic times and the dark mood of the country in recent years, these essays will light a spark to seize every opportunity to make a difference, in your work and in the lives of people who matter to you.

A portrait of the 1950s New York Yankees second baseman explores the athletic and leadership genius behind his mercurial personality and controversial antics, tracing his shantytown upbringing and conflict-marked relationships. 40,000 first printing.

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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

In this book, authors H.A. Dorfman and Karl Kuehl present their practical and proven strategy for developing the mental skills needed to achieve peak performance at every level of the game.

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