

The Complete Pitchers Training Manual



Unsure how to teach proper throwing mechanics? Need some advice for teaching your pitchers how to throw a curve ball? Do you need more detailed information on the college recruiting process? The Complete Pitchers Training Manual covers the entire course of a pitchers development in the technique of pitching through refining pitches and how to use them effectively, and ultimately discovering a college and determining if professional baseball is in the future. The Complete Pitchers Training Manual educates the reader in the various forms, drills, and ways to teach proper pitching mechanics. Students of the game will learn not only the mechanics of how to throw accurately, with remarkable movement low in the zone, but how to throw any pitch in proper sequence to get any hitter out. Chapters on positive psychology train the pitcher how to think properly to succeed in competition, and coaches learn techniques to enhance instruction and communication.

Baseball is an amazing game because the biggest, strongest, and fastest dont always succeed. Baseball is a thinking mans game that requires confidence, courage, and creativity. The Complete Pitchers Training Manual informs coaches, parents, and kids how to develop consistent mechanics which leads to confidence and courage to perform under any circumstance.

Agradable ruta realizada junto al Bilbao Alpino que parte desde la localidad alavesa de Guinea, en la vertiente Sur de la sierra de Arkamo y que discurre por las cimas de Olvedo, Pelistornes y Cantoblanco.

Desde Guinea el camino es muy evidente, ya que las dos primeras cimas están muy cerca y separadas por un pequeño collado. Su subida es corta y casi directa y está señalizada justo a la salida del pueblo.

Al Olvedo se llega relativamente rápido. A pesar de que las nubes a veces nos impiden apreciar las vistas, el paisaje se intuye precioso.

2017-01-22_10-36-17

Para pasar del Olvedo al Pelistornes tan sólo tenemos que cruzar el collado y llegaremos en apenas 10 minutos a nuestra segunda cima del día.

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Una vez coronadas las cimas anteriores hay que continuar la travesía en dirección a la al Cantoblanco, que se asciende tras un durillo cortafuegos.

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Desde la cima tenemos justo en frente el Montemayor, máxima altura de la vecina sierra de Arkamo.2017-01-22_13-00-09

Finalmente, iniciamos el descenso hacia la curiosa localidad de Salinas de Añana...

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...donde podremos completar la ruta con una visita a las propias Salinas.

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Una ruta de unos 15 kilómetros sin dificultades reseñables. Únicamente se hace necesaria logística de vehículos. De no tener esta facilidad entonces es mejor realizar únicamente la subida al Olvedo y Pelistornes.

Tu voto:

Publicado en Araba, Rutas fáciles | Deja un comentario

Los Retos de 2017

Publicado el 01/24/2017 por 12meses12montes

Bueno, un nuevo año que ha pasado y uno nuevo que acaba de comenzar. 2016 fue un año muy intenso, si bien los retos que nos marcamos en un principio sólo se vieron cumplidos en una tercera parte. No fue un buen año para ellos, ésta vez la alineación de planetas se generó en pocas ocasiones.

Sin embargo, no decaemos. Cogemos el testigo y no vamos a desistir en su intento, por lo que los retos que no conseguimos cumplir en 2016 serán los que tratemos de realizar en 2017, más algunos otros, a ver qué os parecen. Seguir leyendo

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