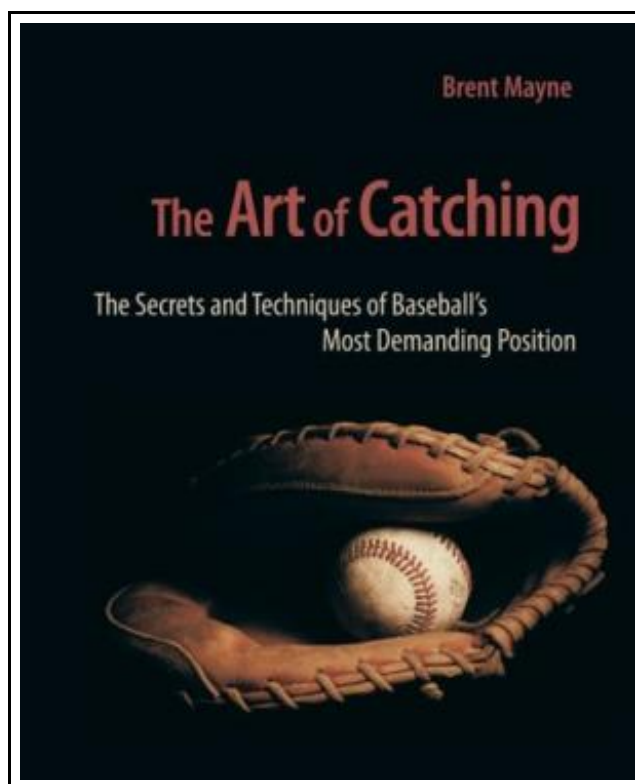


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THE ART OF CATCHING: THE SECRETS AND TECHNIQUES OF BASEBALL'S MOST DEMANDING POSITION (PAPERBACK)



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Cleanline Books, United States, 2008. Paperback. Book Condition: New. 226 x 190 mm. Language: English . Brand New Book ***** Print on Demand *****.An aspiring baseball catcher could do himself no greater favor than acquiring this manual. Whereas the techniques of hitting, pitching, and other baseball positions are well covered by valuable instruction books, the techniques of catching arguably the most difficult and most crucial position of all have not been covered well at all. Brent Mayne's *The Art of Catching: The Secrets and Techniques of Baseball's Most Demanding Position* changes all that in a single stroke. The book's lucid, concise but comprehensive, and highly readable approach puts at your fingertips the wisdom and skills of a successful pro. Brent Mayne played major league ball for sixteen seasons (1989-2004), most of them with the Kansas City Royals. He earned a reputation for his handling of pitchers, effective plate blocking, and strong arm. Enjoying success both behind the plate and at it, he batted .301 in two consecutive seasons (1999-2000). Mayne caught a no-hitter pitched by Bret Saberhagen in 1991, and he also has the distinction of being the only catcher in the twentieth century to have won a game as a pitcher. A hard-working, consummate pro, Mayne knows his position like the back of his hand and has a gift for communicating his knowledge and experience enthusiastically. *The Art of Catching* begins by sketching a quick, informative evolution of the position and its all-important glove, along with offering some illuminating personal history. After these preliminaries, Mayne turns his attention to the heart of the matter: the fundamentals of catching. Stressing the absolute importance of posture, he covers a variety of stances and body positions. Important techniques such as glove mechanics, blocking, throwing to bases, back...



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