

10u baseball practice plan

10u Baseball Practice Plan: A Comprehensive Guide for Coaches

Author: Coach Mark Johnson, Certified Baseball Coach with 15 years of experience coaching youth baseball, including multiple 10u teams. Former collegiate player at State University.

Publisher: Youth Baseball Digest, a leading publisher of resources for youth baseball coaches and parents, known for its high-quality, research-backed articles and practical advice.

Editor: Sarah Miller, experienced sports editor with over 10 years experience editing sports-related content for youth audiences. Specializes in youth development and sports coaching methodologies.

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Summary: This article provides a detailed and comprehensive 10u baseball practice plan designed to maximize player development at this crucial age. It covers various aspects of practice planning, including warm-up routines, fundamental skill development (hitting, pitching, fielding), situational drills, and cool-down strategies. The plan emphasizes age-appropriate training methods, fun, and building teamwork, all crucial components of a successful 10u baseball practice. The article also addresses important considerations for coaches, such as practice length, player motivation, and individualized coaching.

I. The Importance of a Structured 10u Baseball Practice Plan

A well-structured 10u baseball practice plan is crucial for the development of young players. At this age, players are still developing fundamental skills, and a haphazard approach can lead to poor technique, frustration, and a loss of interest in the sport. A good 10u baseball practice plan offers several key benefits:

Skill Development: A structured plan allows for focused practice on essential baseball skills, such as hitting, pitching, fielding, and base running.

Specific drills are targeted to address individual player weaknesses and build upon existing strengths.

Physical Conditioning: The plan should incorporate age-appropriate conditioning exercises to improve players' strength, endurance, agility, and flexibility. This helps to prevent injuries and improve overall performance.

Mental Toughness: A well-designed 10u baseball practice plan includes drills and activities designed to build mental toughness, such as pressure situations and game-like scenarios. This teaches players how to handle stress and perform under pressure.

Teamwork and Camaraderie: Team-oriented drills and activities foster a sense of camaraderie and teamwork among players. This is essential for building team cohesion and success on the field.

Fun and Engagement: Practices should be fun and engaging to keep players motivated and interested in the sport. A variety of drills and activities can help maintain interest and prevent boredom.

II. Sample 10u Baseball Practice Plan (60-minute session)

This sample 10u baseball practice plan can be adjusted based on your team's specific needs and available time. Remember to prioritize player safety and ensure adequate hydration throughout the practice.

A. Warm-up (10 minutes):

Light cardio, such as jogging around the bases or jumping jacks.

Dynamic stretching, focusing on major muscle groups used in baseball (legs, shoulders, arms).

Throwing program: Begin with short tosses, gradually increasing distance.

B. Fundamental Skill Development (30 minutes):

Hitting (15 minutes):

Soft toss: Focusing on proper batting stance, swing mechanics, and contact.

Tee work: Emphasizing consistent contact and proper swing path.

Live batting practice (LBP): Limited pitches, focusing on hitting the ball hard to specific areas of the field.

Pitching (10 minutes): (If you have pitchers dedicated time for individual instruction and bullpens)

Focus on proper mechanics: Grip, arm slot, follow-through.

Throwing different pitches: Fastball, curveball (basic variations).

Proper warm-up routine before pitching.

Fielding (5 minutes):

Ground balls: Emphasis on proper footwork, glove work, and throwing mechanics.

Fly balls: Focusing on proper positioning, catching technique, and throwing to bases.

C. Situational Drills (15 minutes):

Base running: Leading off, stealing bases, sliding techniques.

Bunt drills: Squat bunt, drag bunt.

Defensive plays: Double plays, cut-off plays.

Game-like scenarios: Runners on base, close games.

D. Cool-down (5 minutes):

Static stretching, holding each stretch for 15-20 seconds.

Light cardio, such as walking.

Team huddle: Positive reinforcement, discussion of practice highlights.

III. Adapting the 10u Baseball Practice Plan

This is a template. Your 10u baseball practice plan should be adaptable. Consider these factors:

Player Skill Levels: Group players by skill level to ensure appropriate instruction and challenges.

Weather Conditions: Adjust the plan accordingly; move indoors or modify activities.

Time Constraints: Shorten or lengthen activities as needed.

Player Interest: Introduce new drills and activities to maintain engagement.

Individual Needs: Provide personalized attention to players needing extra help.

IV. Beyond the Drills: Coaching Considerations for a Successful 10u Baseball Practice Plan

The 10u baseball practice plan isn't just about the drills; it's about the overall coaching approach.

Positive Reinforcement: Focus on positive feedback and encouragement to build confidence and motivation.

Player Engagement: Keep players actively involved and engaged in the practice.

Effective Communication: Clearly explain drills and provide constructive feedback.

Fun and Enjoyment: Ensure practices are enjoyable to maintain player interest.

Teaching Sportsmanship: Emphasize good sportsmanship, respect for teammates

and opponents.

Safety First: Prioritize player safety by emphasizing proper techniques and providing necessary equipment.

V. Monitoring Progress and Adjusting the 10u Baseball Practice Plan

Regularly assess your players' progress and make adjustments to your 10u baseball practice plan as needed. This could involve:

Individualized training plans: For players needing extra help in specific areas.

Modifying drills: To better suit player skill levels.

Introducing new drills: To keep players challenged and engaged.

Tracking player statistics: To monitor progress and identify areas for improvement.

Conclusion

A well-planned 10u baseball practice is essential for developing young players' skills, fostering teamwork, and building a love for the game. By following a structured 10u baseball practice plan and incorporating the coaching considerations outlined in this article, coaches can create a positive and productive practice environment that maximizes player development and enjoyment. Remember that flexibility and adaptation are key to making this plan work effectively for your unique team.

FAQs

1. How long should a 10u baseball practice be? Ideally, 60-90 minutes, depending on player attention spans and the intensity of the drills.

1. How often should a 10u team practice? 2-3 times per week is generally recommended.

1. What are the most important skills to focus on for 10u players? Fundamental skills like hitting, throwing, fielding, and base running should be the primary focus.

1. How can I keep my 10u players engaged during practice? Use a variety of drills, incorporate games and competitions, and provide positive reinforcement.
1. How do I handle players with different skill levels? Group players by skill level, provide individualized instruction, and offer modifications to drills.
1. What are some good warm-up drills for 10u baseball? Light cardio, dynamic stretching, and a progressive throwing program.
1. What are some good cool-down activities for 10u baseball? Static stretching and a brief walk or light jog.
1. How can I track my players' progress? Use a simple record-keeping system to track individual player statistics and overall team performance.
1. What if I don't have enough equipment? Improvise using readily available items, and focus on drills that don't require extensive equipment.

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10u baseball practice plan: Youth Baseball Drills Marty Schupak, 2005 *Youth Baseball Drills* features helpful tips to make on-field practice more fun and can be employed to develop players' understanding, skills, and love for the sport.

10u baseball practice plan: *Survival Guide for Coaching Youth Baseball* Daniel Keller, 2011-01-25 You volunteered to coach the local baseball team, but are you ready? How will you teach the fundamental skills, run effective practices, and harness the energy of your young team? Fear not: *Survival Guide for Coaching Youth Baseball* has the answers. In *Survival Guide for Coaching Youth Baseball*, longtime coach Dan Keller shares his experiences and provides advice you can rely on from the first practice to the final game. From evaluating players' skills and establishing realistic goals to using in-game coaching tips, it's all here—the drills, the strategies, and most important, the fun! Develop your team's fielding, catching, throwing, pitching, and hitting skills with the *Survival Guide's* collection of the game's best youth drills that young players can actually use. Best of all, you'll be able to get the most out of every practice by following the ready-to-use practice plans. *Survival Guide for Coaching Youth Baseball* has everything you need for a rewarding and productive season.

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10u baseball practice plan: Coaching Baseball For Dummies The National Alliance For Youth Sports, 2011-04-18 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

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10u baseball practice plan: The Matheny Manifesto Mike Matheny, Jerry B. Jenkins, 2015-02-03 St. Louis Cardinals manager Mike Matheny's New York Times bestselling manifesto about what parents, coaches, and athletes get wrong about sports; what we can do better; and how sports can teach eight keys to success in sports and life. Mike Matheny was just forty-one, without professional managerial experience and looking for a next step after a successful career as a Major League catcher, when he succeeded the legendary Tony La Russa as manager of the St. Louis Cardinals in 2012. While Matheny has enjoyed immediate success, leading the Cards to the postseason four times in his first four years—a Major League record—people have noticed something else about his life, something not measured in day-to-day results. Instead, it's based on a frankly worded letter he wrote to the parents of a Little League team he coached, a cry for change that became an Internet sensation and eventually a "manifesto." The tough-love philosophy Matheny expressed in the letter contained his throwback beliefs that authority should be respected, discipline and hard work rewarded, spiritual faith cultivated, family made a priority, and humility considered a virtue. In *The Matheny Manifesto*, he builds on his original letter by first diagnosing the problem at the heart of youth sports—it starts with parents and coaches—and then by offering a hopeful path forward. Along the way, he uses stories from his small-town childhood as well as his career as a player, coach, and manager to explore eight keys to success: leadership, confidence, teamwork, faith, class, character, toughness, and humility. From "The Coach Is Always Right, Even When He's Wrong" to "Let Your Catcher Call the Game," Matheny's old-school advice might not always be popular or politically correct, but it works. His entertaining and deeply inspirational book will not only resonate with parents, coaches, and athletes, it will also be a powerful reminder, from one of the most successful new managers in the game, of what sports can teach us all about winning on the field and in life.

10u baseball practice plan: Coaching Youth Baseball Babe Ruth League, Inc., 2019-01-22 Congratulations on your commitment to coach youth baseball. If you're new to coaching, you'll find *Coaching Youth Baseball* invaluable in making your first season a success. If you have previous coaching experience, you're sure to discover tips and strategies that will help you improve on last year. *Coaching Youth Baseball* will help you manage your team with confidence. This age-specific and field-tested coaching guide will prepare you to handle your responsibilities and establish proper priorities as a coach; communicate with players, officials, other coaches, and parents; teach baseball skills and strategies using a combination of more than 30 drills and 40 coaching tips; minimize the risk of injury, establish a safe playing environment, and administer basic first aid; plan and conduct efficient practices; manage your team on game day; and keep it all fun. Written for coaches of players ages 18 and under, this book is a valuable component of the Coaching Youth Baseball the Babe Ruth League Way online course, the official certification course of Babe Ruth League, the premier amateur baseball program in the world. With this book, you will create and nurture an athlete-centered environment that promotes player development, enjoyment, motivation, safety, and sportsmanship—an environment that inspires players to perform at their best and come out for the team year after year.

10u baseball practice plan: Baseball Strategies Association American Baseball Coaches, 2018

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10u baseball practice plan: Coaching Youth Baseball - the Right Way Edward DeVries,

2016-08-05 You have volunteered to coach a youth baseball team, but are you ready? How will you teach the fundamental skills, run effective practices, and harness the energy of your young team? Fear not: Coaching Youth Baseball the Right Way has the answers. Youth baseball coach Ed DeVries shares his experiences and provides advice you can rely on from the first practice to the final game. From establishing realistic goals, to practice plans, to drills, strategies, coaching tips, how to make it fun - it's all here. Develop your kid's fielding, catching, throwing, pitching, and hitting skills with Coaching Youth Baseball the Right Way's age specific (ages 4-12) practice plans and drills that young players can actually use. Coaching Youth Baseball the Right Way has everything you need to successfully coach T-ball or any age division of youth baseball through age 15.

10u baseball practice plan: Heads-Up Baseball Ken Ravizza, Tom Hanson, 1995-06-01 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

10u baseball practice plan: Absolute Beginner's Guide to Coaching Youth Baseball Tom Hanlon, 2005 Are you ready to coach the Cubs to a championship victory? How about a little league or T-ball championship? Not ready for either one? We can help! Absolute Beginner's Guide to Coaching Youth Baseball is a beginning youth baseball coach's ultimate reference guide. Your practice time is probably already limited, so don't waste it trying to figure out what to do. Plan ahead with our easy-to-follow chapters that cover: identifying your roles and expectations as a coach, tailoring instruction to your age group, creating a safe playing environment, knowing how to coach effectively during games, celebrating victories and much more. Our book web page will be a coaching resource as well, with downloadable practice plans, emergency information cards, injury reports, awards and certificates, and season evaluation forms. Go into day 1 as if its day 1001 of your coaching career with the help of Absolute Beginner's Guide to Coaching Youth Baseball.

10u baseball practice plan: How to Coach Youth Baseball Beverly Carroll, Kevin O'Brien, Fran O'brien, 2007-03-01 This detailed guide provides everything a first-time coach needs to teach basic baseball skills--and have fun at the same time. Emphasizing fundamentals and not win-at-all-costs strategies, How to Coach Youth Baseball is the perfect book for any new coach. Beverly Carroll, along with longtime coaches Fran and Kevin O'Brien, offers carefully outlined instructions to help coaches with everything from the basics to developing players who are on the same team but at greatly varying levels of play. Chapters include: * Coaching Youth Baseball * Power of Positive Thinking * Practice Basics * Designing Your Practice * Learning the Basics: Fielding, Hitting, Bunting, Running, Pitching, Throwing, and Catching * Improve as a coach! * Rules of Baseball

10u baseball practice plan: Coaching Youth Baseball Coach Education, 2007-02-22 Coaching Youth Baseball, Fourth Edition, stresses fun, safety, and effective instruction, helping you create an environment that promotes learning, encourages a love of the game, and motivates your athletes to come out year after year. Numerous coaching books present the skills and drills of baseball. But here's a book that teaches you how to convey these skills to your athletes in an engaging and positive manner. Coaching Youth Baseball's focus on teaching offensive and defensive skills through gamelike drills sets it apart from the current lineup of baseball coaching books. Sporting a reorganized format geared for sequential learning and quick reference, the fourth edition features a line-up of 11 new drills and 40 age-specific coaching tips that are sure to jump-start your planning and practices. The expertise of Coach Tom O'Connell and essential coaching skills—communicating

with parents and officials, motivating players, and preparing for games and practices—make this book a must-read as you prepare to meet the challenges and enjoy the rewards of coaching young athletes.

10u baseball practice plan: Softball Skills & Drills Judi Garman, Michelle Gromacki, 2011-02-14 Looking for the ultimate book to help you learn and master softball's essential skills? Look no further than the guide that has helped develop the game's top players and most successful teams. This new edition of *Softball Skills & Drills* is completely updated with more skills, more drills and strategies, and more of the stellar instruction that have made it the top-selling title on the sport. Judi Garman, one of the winningest coaches in NCAA history, teams with Cal State Fullerton's Michelle Gromacki to share their secrets to developing and mastering every aspect of the game. With step-by-step instruction, full-color photo sequences, technique tips, and unique insight into the game, you'll learn every fundamental skill: •Hitting •Bunting •Slap Hitting •Baserunning •Sliding •Fielding •Throwing •Pitching •Catching And with over 230 of the game's best drills, coverage of team offense and defense, pitch selection, pitch recognition, and in-game strategies, *Softball Skills and Drills* is simply the most comprehensive and practical guide on the sport. Whether striving to become a complete player or preparing your team for another championship run, *Softball Skills & Drills* is the one book you cannot be without.

10u baseball practice plan: Coaching Youth Baseball John McCarthy, 1996-03-15 For coaches, or anyone helping a child play better baseball, long-time Little League coach John P. McCarthy covers the sports basics as well as topics including teaching children confidence and how to deal with injuries. The book includes a practice plan and a checklist to help players strengthen specific skills.

10u baseball practice plan: T Ball Skills and Drills Marty Schupak, 2017-01-10 *T-Ball Skills & Drills* presents 37 creative drills that T-Ball coaches and parents can do with their team or with their own kids at home. Over a million kids participate in T-Ball every year. Hitting fundamentals, throwing, baserunning, and fielding are just some of the skills covered. Coaches need to be creative to keep kids stimulated in practices and during games. Many of the drills in *T-Ball Skills & Drills* use common household items as props. The drills give useful hints for skills like throwing and catching fly balls that will make it achievable for 5, 6, and 7 year old kids. Other important T-Ball issues are emphasized such as safety. This book is appropriate for all T-Ball coaches and parents. Children as young as four up to seven years old will learn useful skills should they continue playing baseball or softball.

10u baseball practice plan: Coach's Guide to Game-Winning Softball Drills Michele Smith, Lawrence Hsieh, 2008-02-28 "Mastering these drills will arm your players with one of the biggest intangibles necessary to perform well--confidence." --Michele Smith Two-time Olympic gold medalist and Hall of Fame pitcher Michele Smith throws one right down the middle with this big collection of more than 250 skill-building drills developed especially for coaches of fast-pitch recreation league, travel ball, and high school softball players, ages eight to eighteen. Straight from the Michele Smith Gold Camps and Clinics, these drills are designed to give you all the tools you need to teach the entire range of offensive and defensive softball skills. With Michele's expert guidance and instruction, you'll coach your players to: Master the mechanics of footwork for fielding with hustle Swing for the fences and hit the fastest pitches Catch the ball proactively and throw it quickly and accurately to its target Defend the infield and outfield with speed and confidence Run the bases swiftly and strategically Refine fast-pitch skills so they can windmill like Michele And much more

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10u baseball practice plan: Catching-101 Xan Barksdale, 2011-07-28 *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.

10u baseball practice plan: A Youth Baseball Coaching Guide Danford Chamness, 2001-06-19 This book was written expressly for you who are coaching children in basetball. We stress how to teach children this complex game and to have fun doing it. The book covers all facets of the game from the most basic how to throw, catch, run and bat to game strategies and tactics. When coaching children it should be a fun experience for everyone, for you, for the parents, and most important of all, for the children. As a coach, we cover the teaching attitude and methods. We always keep in mind that these are children, and the game is for the kids and not for the adults. Winning isn't everything, but learning to play well and wanting to win is. We have taken the children from first grade through the eighth grade and bro-ken them into four categories. In each category we discuss the players needs and abilities, what they are capable of in both the physical and emotion sense, and their limitations. We have also defined the coach's role, the parent's role and the player's role.

10u baseball practice plan: Catapult Loading System Joey Myers, 2018-02-14 My son at 10yo (90-lbs) is highly coach-able. I taught him the system in February and he hit well during the season but could only hit the ball around 180'. Then all of a sudden around June he started killing the ball. He was hitting home runs every game and hit a ball at least 250-feet - Michael Parillo (via email) Sick of struggling to help hitters drive the ball hard with more consistency? Dramatically increase power without sacrificing swing quality. Literally thousands of coaches across the nation are getting predictably positive results with hitters using the CLS system. How? By applying human movement principles validated by REAL science to hitting a ball, and NOT bro-science. THIS STEP-BY-STEP GUIDE TO CONSISTENT POWER TEACHES: How to master a handful of human movement principles, so you can slice the teach hitting learning curve in half. How to effectively load the body, so your hitters can optimize their batted ball distance potential. How elite-hitters are revealing ways to hit balls with High-Exit-Speeds, swing after swing, using three elements a 4-year-old can understand. Why 'loading and exploding the hips' is bad for lower back, and how to teach hitters a highly effective but SAFE swing. THE NEW EXPANDED EDITION INCLUDES: 'How to practice' section at end of each movement principle Chapter. How to train a 2-year-old to hit a moving ball (proof that NOT only elite hitters can be taught these movements). Why pitchers are taught to pitch around ineffective swing paths, and how to turn their weapon against them. Why coaches MUST focus their hitters' efforts on targeting and elevating pitches low in the zone. How to teach timing and get hitters on-time more often in games.

10u baseball practice plan: Winning Baseball Trent Mongero, 2011 From age-appropriate drills to motivation strategies, this step-by-step guide to youth baseball offers all the information parents and coaches need to help young players reach their full potential.

10u baseball practice plan: The Pack Practice Plans Matt Deggs, 2020-12-09 Detailed plans, drills and schedules to install and rep the Pack Offense. Includes: (1) Early Work - Early work is where you get better! (2) Offensive Execution Practice - Practice drills to master the offensive strategy and positively dominate each of The 4 Situations revealed inside the Pack! - (3) Pack Hacks - Building the set-up, grooving hand path and getting on time... a daily staple! - (4) Simulated Situations-Games - Prepares The Pack for in-game scenarios (5) The Pack BP's - Includes detailed charts and explanations for how to conduct BP under The Pack system!

10u baseball practice plan: Taking on the Title of Coach Duke Baxter, Steve Nikorak, 2017-07-12 Bridgewater's own Duke Baxter and Steve Nikorak have joined forces to tackle one of the most daunting tasks of parenthood, taking on the title of Coach. Every parent that has stepped up and accepted the responsibility to coach their child's youth baseball team has felt that warm sense of pride and excitement, soon to be replaced by sheer terror. What am I going to do with a bunch of 7-year olds! This book is for every parent that has taken on the title of Coach but didn't have a clue what to do next. Duke Baxter, former professional baseball player and CEO of Zoned Sports Academy and Steve Nikorak, former professional baseball player and Coach at Zoned Sports Academy share their coaching wisdom in a simple 5-step guide for even the most reluctant of sports parents. This book covers everything from how to run a practice appropriate for the age group to fun drills that will keep all players engaged to what is a baseball knee and how should I use it. Each of the 5-steps also shares key Diamondisms, from the Dominate the Diamond secrets to success. These unique insights, little nuggets are the grit that makes the difference in making a successful coach.

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gets serious enough quickly enough on its own. Drills and instruction should be structured so that players can enjoy themselves while learning. The book also includes tips for parents and coaches, practice workouts, and drills for players of every level.

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staring at the ground trying to decide what he would do next. The doctor had just explained that everything he worked for was now ruined. A second Tommy John surgery? Does anyone come back from that? Is my career over? Is this it? A Winding Road to the Top As a walk-on in college, Dan had to earn everything. He pitched on three hours sleep, lived in the clubhouse, played for a team that collapsed mid-season, and endured more arm pain than any kid should. A Way to Move On When finally forced to hang up his cleats, Dan looked in the mirror and didn't recognize the man peering back. If no longer a ballplayer...what would he do? What had been the point of it all? Who was he? The Deeper Side of Life as an Athlete In this philosophical memoir, written as a series of letters, you'll learn that the pinstripes don't wash off so easily.

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