

Tape #	Name	Author	Time
O1	Beginning Fast Pitch Pitching	USA Softball	
O2	Advanced Fast Pitch Pitching	USA Softball	30 min
C1&C2	Tape O1 and O2		
O3	Fundamentals of Defense	Dot Richardson	
C3	Tape O3		
O4	Learning to throw an effective Curveball & Screwball	Fastpitch USA/Ernie Parker	50 min
O5	Learning to Throw an Effective Drop Ball	Fastpitch USA/Ernie Parker	40 min
C4&C5	Tape O4 and O5		
O6	Making the Change-up work for you	Fastpitch USA/Ernie Parker	45 min
O7	Learning to Throw an Effective Riseball	Fastpitch USA/Ernie Parker	50 min
C6&C7	Tape O6 and O7		
O22	The Essentials for the Beginning Pitcher	Fastpitch USA/Ernie Parker	42 min
O23	Drills for Pitchers and Troubleshooting Problems	Fastpitch USA/Ernie Parker	66 min
O24	Pitching	Mona Stevens	
C04-07, 22-24	Tapes O04, O05, O06, O07, O22, O23, and O24		
O8	Coaching Fast Pitch	USA Softball	105 min
C8	Tape O8		
O9	Coaching Softball Defensive Fundamentals & Drills	USA/ASA	65 min
O10	Defensive Strategy in Softball	USA Softball	40 min
C9&C10	Tape O9 and O10		
O11	Coaching Softball Defensive Fundamentals & Drills	ASA	65 min

O12	Coaching Softball (slowpitch)	ASA	
C11&C12	Tapes O11 and O12		
O13	Basics of Hitting	Dot Richardson	
O14	Advanced Hitting	Dot Richardson	
O15	Fastpitch Hitting	USA Softball	50 min
O16	Fastpitch Hitting and Circuit Drills	Fastpitch USA/Ralph Weekly	50 min
O17	Power & Distance (Seven Steps to Hitting Success) (Gary's)	Mark Eldrige	50 min
O18	Fluid Motion The Hitting Technique of Hitting	Tim Timmons	60 min
O19	From Slow to Fast	Fastpitch USA	20 min
O20	Slash and Dash (Slap Hitting)		
C13-C20	Tapes O13, O14, O15, O16, O17, O18, O19, and O20		
O21	Fastpitch Catching Techniques	Fastpitch USA	55 min
C21	Tapes O21		