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About the Author

Marc O. Dagenais, MHK, CSCS, ChPC
Softball Peak Performance Coach

Marc O. Dagenais is a sought-after peak performance coach and an expert at improving performance, developing talent and helping athletes and teams reach their full potential. He works with softball players to help them turn their athletic talent into extraordinary performances and he consults with coaches on how they can get more out of their players, turn their struggling team around or get an edge over their opponents.

Marc has an exceptional combination of softball coaching expertise and sports sciences knowledge – which is a very rare combo in the world of softball. He has intimate knowledge of what it takes to develop and maintain a high level of performance in athletes.

Marc has worked with numerous elite amateur, college and professional athletes including hundreds of softball players. He has also been coaching women's competitive fastpitch softball for almost 20 years and has coached at every level of the game from grassroots to the college and the international level. He has served three years as an Assistant Softball Coach at Simon Fraser University in Burnaby, B.C and he presently works and coaches with the Canadian Women’s Softball National Team Program.

In addition to having an extensive background as a softball coach, trainer, and consultant, Marc has advanced studies in sport sciences (high performance coaching, sports psychology, and strength and conditioning) and numerous high level certifications.

Also, in addition to being an expert strength and conditioning specialist and a high-level softball coach, he is also extremely well-versed in the areas of sports psychology, sports nutrition, and injury management.

- Graduate Studies (doctoral-level) in Education (sports psychology, sports pedagogy), McGill University
- Masters of Human Kinetics (MHK), (Coaching Sciences), University of British Columbia
- Bachelor of Sciences, (Physical Education), University of Montreal
- Diploma in High Performance Coaching, National Coaching Institute - Vancouver, BC
- CPCPA – Chartered Professional Coach (ChPC)
- NSCA Certified Strength and Conditioning Specialist (CSCS)
- CAN-FIT-PRO / Twist Conditioning Inc. – Master Coach (Sports Conditioning Specialist Certification)
- CWF - Level 1 Weightlifting Coach
- NCCP – Certified Level IV Softball Coach
- Red Cross – First Aid and CPR Instructor
- CPMDQ – Naturotherapist / Kinesiologist
- CAN-FIT-PRO – Personal Trainer Specialist (PTS) and PRO-Trainer
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Box Drills

Tap and Return Foot To Box

7 8 Start
5 2 6 1
4 3

Alt Tap Box With Foot
Switch

Down Up Both Feet Together

Quickly Move Side to Side

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Speed and Agility Ladder Drills
Dot Drills

43-35a

43-53

1-2-1

1-2-3-2-1

1-2-3-4-5-3-1

1-2-3-4-5-4-3-2-1

1-3-1

1-3-2-3-1

1-3-4-3-1

1-3-5-3-1

1F1-2-3-1

1F1-3-2-3-1
Line Drills

1-2-1

1-12

1-2-1

1-2-1

11-21

12-2

12-21

1 2

2 1
31-42 TWIST 24-13

32-4
Cone Drills

Diagram of cone drills for softball performance.
sprint through entire drill

Remember: emphasize one leg, keep重心low, drop your hips at the corner.

Super Shuttle
Movement and Running-Form Drills
Miscellaneous Drills
Are You Struggling to Achieve Your Full Potential?

Is Your Team Underperforming?

Does Your Game Need a Boost?

If so, visit us at www.softballperformance.com and discover how we can help you boost your game quickly and easily!