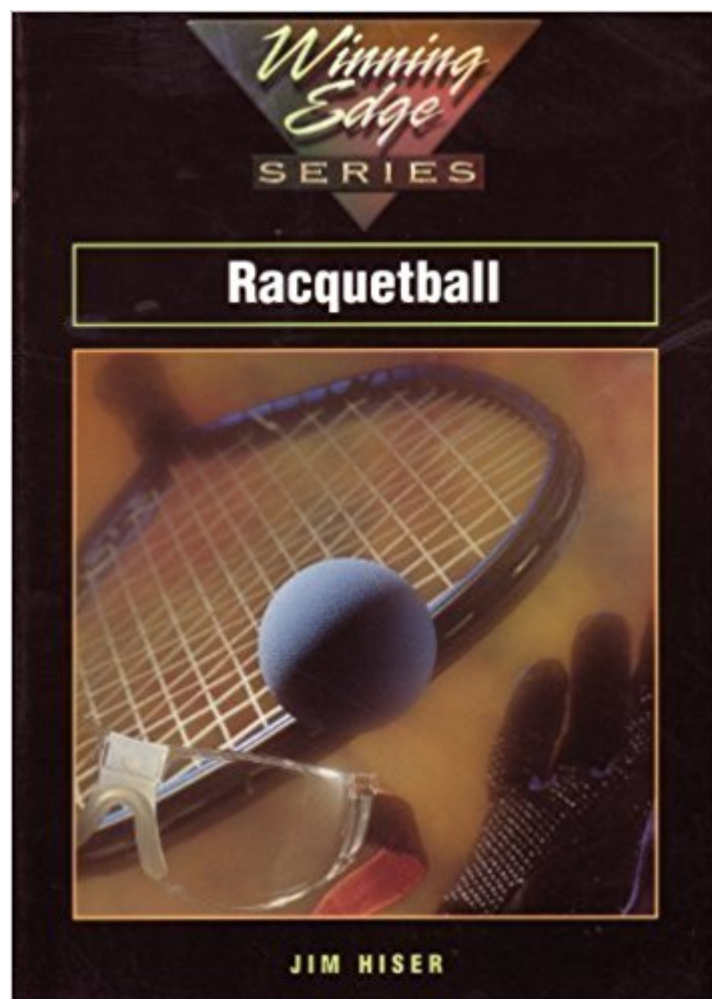


The book was found

Racquetball, Winning Edge



Synopsis

Part of the The Winning Edge Series, this text provides a complete introduction and explanation of the skills and techniques to take the court and participates as a competitive player. Offering an introduction and an explanation of facilities, equipment, rules and terminology, this book moves on to how to mentally and physically prepare for a game (doubles or singles). Individual chapters detail the dynamics of serving, basic shots, strategies, nutritional demands and conditioning.

Book Information

Series: The Winning Edge

Paperback: 216 pages

Publisher: McGraw-Hill Humanities/Social Sciences/Languages; 1 edition (November 10, 1998)

Language: English

ISBN-10: 0815144636

ISBN-13: 978-0815144632

Product Dimensions: 6.2 x 0.7 x 8.9 inches

Shipping Weight: 9 ounces

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (1 customer review)

Best Sellers Rank: #3,422,268 in Books (See Top 100 in Books) #37 inÂ Books > Sports & Outdoors > Racket Sports > Racquetball #46117 inÂ Books > Education & Teaching > Schools & Teaching > Education Theory #60502 inÂ Books > Textbooks > Education

Customer Reviews

This book "Racquetball" by P.E. Allsen is part if the Sport and Fitness Series of Brown & Benchmark Publishers. As with other books in the series, it pretty much covers everything you want to know about the sport.It covers history, rules, procedures, strategies, etc. There are monochrome pictures of how to stand and move. Along with this are several diagrams of angles best for different types of serves. The book covers rules of different groups and how to score.A very important but overlooked part of the sport is warming up and stretching exercises. They are covered in this book also.The only things lacking from the book are the strength and endurance drills that do not use the ball its self.There is so much information in this 116-page book that it can make your racquet spin. This book is a must if you are even halfway serious.

[Download to continue reading...](#)

Racquetball, Winning Edge Galaxy S6: The Complete Galaxy S6 & S6 Edge User Guide - Learn

How To Get The Most Out Of Your Samsung Galaxy S6 And S6 Edge, Plus 22 Helpful Tips and Tricks! (S6 Edge, Android, Smartphone) Galaxy S7 & S7 Edge: The Complete Galaxy S7 & S7 Edge User Manual - How to Start Using Your Galaxy S7, Plus Advanced Tips & Tricks And Amazing Galaxy S7 Features! (S7 Edge, Android, Smartphone) Creando el Mejor Jugador de Racquetball: Aprender los secretos y trucos utilizados por los mejores jugadores de racquetball profesional y entrenadores, ... tu capacidad atl tica (Spanish Edition) Creating the Ultimate Racquetball Player: Learn the Secrets and Tricks Used by the Best Professional Racquetball Players and Coaches to Improve Your Athleticism, Conditioning, Nutrition The Ultimate Guide to Weight Training for Racquetball & Squash (Ultimate Guide to Weight Training: Racquetball & Squash) Blackjack Strategy: Winning at Blackjack: Tips and Strategies for Winning and Dominating at the Casino (Blackjack, Counting Cards, Blackjack Winning, Good at Blackjack, Black Jack, Card Counting) Skills and Strategies for Winning Racquetball Racquetball Strategies for Winning Racquetball: Strategies for Winning (Sports Illustrated) Galaxy S6: The Ultimate Galaxy S6 & S6 Edge User Guide - How To Use Galaxy S6, Instructions With Advanced Tips & Tricks And Hidden Galaxy S6 Features! (S6 Edge, Android, Smartphone) Get the Edge at Craps (Scoblete Get-The-Edge Guide) Get the Edge at Roulette (Scoblete Get-The-Edge) Edge of the Heat Box Set Books 1-7: Edge of the Heat Firefighter Romance Blackjack Strategy: Winning at Blackjack: Tips and Strategies for winning and dominating at the casino Winning Chess Strategies (Winning Chess Series) Craps: A Winning Strategy: A Guide to Winning Casino Craps Consistently Winning The Lottery: Revealed! Proven Tips, Techniques, and Strategies on How to Win the Lottery (Lotteries, Probabilities, Statistics) (Winning the Lottery, Lotteries, Probabilities, Statistics) Poker: Successful Poker Habits & Best Practices For Consistently Winning Low Stakes Tournaments & Home Games (Texas Hold'em, Simple Poker Maths, Winning Strategies, Poker Tournaments) Championship Racquetball

[Dmca](#)