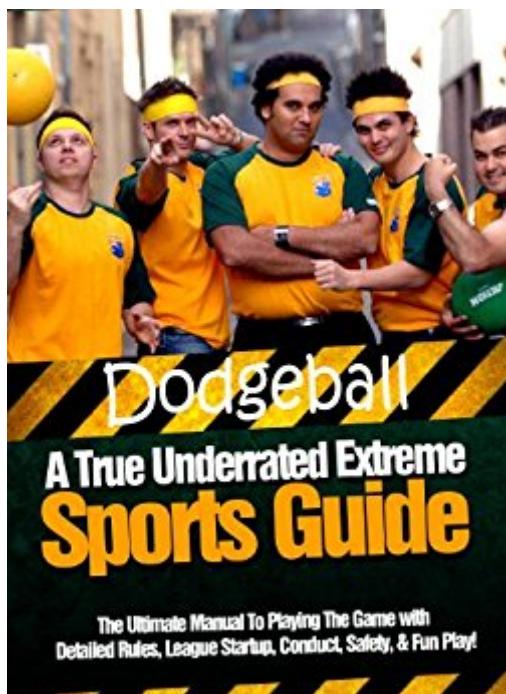


The book was found

DODGEBALL: A True Underrated Extreme Sports Guide: The Ultimate Manual To Playing The Game With Detailed Rules, League Startup, Conduct, Safety, & Fun Play!



Synopsis

If you can dodge a wrench, you can totally dodge a ball â “ thatâ ™s very true! If you like sports but want to try something new thatâ ™s also fun and a great workout where you can meet lots of people, then Dodgeball is for you. Since the movie, Dodgeball: A True Underdog Story came out, the sport of dodgeball has hit the world by storm in a big way. Itâ ™s developed a lot from simply playing on the elementary school playground, from adults playing in gyms, to professional leagues. It may be hard to take seriously, but itâ ™s worth checking out. I did, and I LOVED it. Why Play Dodgeball ? Youâ ™re bored of the same old sports and want to try something thatâ ™s become bigger than you can imagine. You want to try something new, exciting and a lot of fun. You feel that exercise is a chore when itâ ™s in fact a necessity. You sit down all day and demand exercise. You need simple and effective stress reliever. You get to play a game where you run, play, and exercise, all at the same time. You can use easily use skills in other sports to play this game. You want to feel like a kid again â “ because this sport is FUN! You miss the days when you played dodgeball in elementary school. You need something to do during those colder times of the year. You want to play a sport that has leagues that give back to communities. You want friendly competition instead of something too competitive. You want to meet new friends. You want something to do with old friends. You really want to do more than picture throwing a ball at someone. "Remember the 5 D's of dodgeball! Dodge, Duck, Dip, Dive, and. . . . Dodge ! Youâ ™re Ultimate Players Guide. Includesâ |.. History & Cultural Phenomenon of Dodgeball. How To Start Or Find A League In Your Town. Rules Commonly Seen in City League Play. Tips & Tricks for Players To Improve Your Game â “ Team, Offensive, and Defensive Based Safety Tips, Including Pre and Post Game Stretching, Injury Prevention & Dealing With Injuries. Referee Guidelines & Their Authority. General Leagues Codes Of Conduct & Etiquette. Fun Dodgeball Formats & Variants, Including A Game Where You Pick Up Power-Ups Named After Characters From The Movie! So get ready to GRAB LIFE BY THE BALLS! Download your copy today! Tags: (Dodgeball, Dodgeball Game, Dodgeball League, Dodgeball Fun, Dodgeball Wars, Dodgeball Athletics, Dodgeball Rules, Dodgeball Social, Dodgeball Fun, Dodgeball Wars, Dodgeball Canada, Dodgeball USA, Dodgeball America, Indoor Co-Ed Dodgeball, Co-Ed Dodgeball, Co-Ed Recreation, Co-Ed Sports, Extreme Sports, Sports, Sports Games, Sports & Recreation, General Sports, Extreme Dodgeball, Indoor Sports, Indoor Dodgeball)

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Customer Reviews

I really enjoyed this book! My knowledge of Dodgeball was minuscule, but the movie got me interested and I had to read this book to understand the sport a little better. It is very obvious that the author is a huge fan of this sport as he really seemed to pour his heart into writing this work. This book goes into great detail about the sport. The author covers everything from getting a team together, to the rules and regulations and even the psyche of the game. His details of game play techniques were very thorough and captivating. After reading this book, I really felt like I knew so much about the sport. I might even consider trying to find a local league for a friendly game. A must read if you are interested in Dodgeball.

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