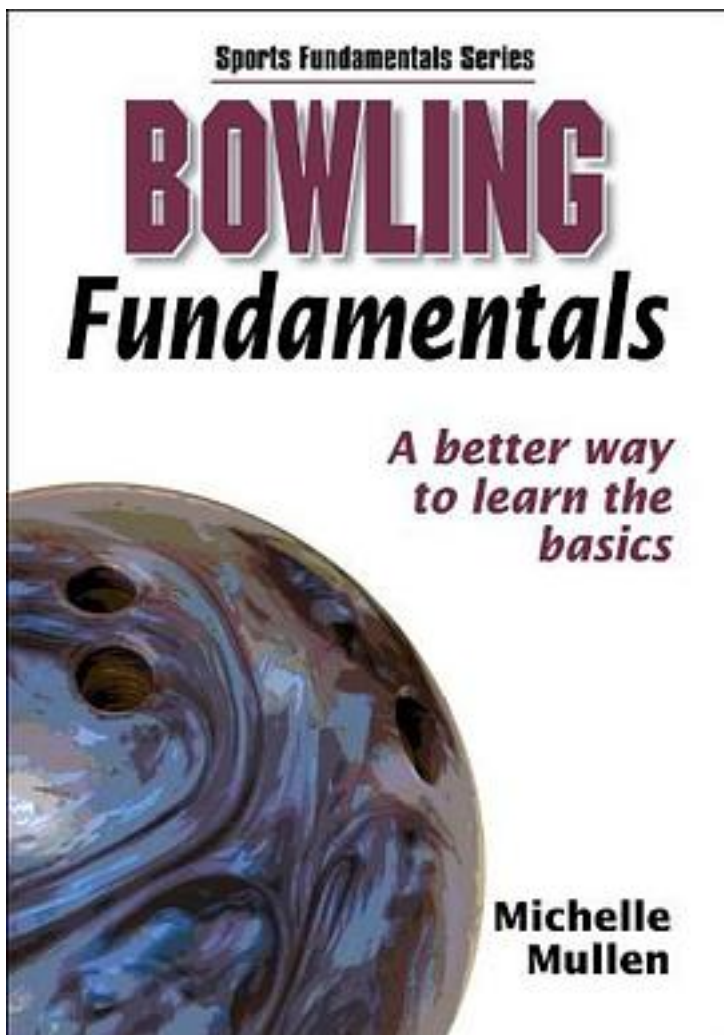


Bowling Fundamentals



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出版者:Human Kinetics

出版时间:2003-9

装帧:Pap

isbn:9780736051200

"Bowling Fundamentals" begins by teaching students about the proper grip and

stance. These chapters are followed by instructions on footwork, arm swing, timing, and release. Chapters also are devoted to hitting the pocket and mastering left and right side spares. Finally, readers will get specific information on league bowling. Each chapter addresses a specific skill, leading the student through a simple, four-step sequence: you can do it the skill is introduced with sequential instructions and accompanying photographs; more to choose and use - variations and extensions of the primary skill are covered; take it to the lane - readers learn how to apply the skill in competition; and give it a go - several direct experiences, such as drills, small-sided games, and self-tests, are provided to gauge, develop, and hone the skill.

作者介绍:

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