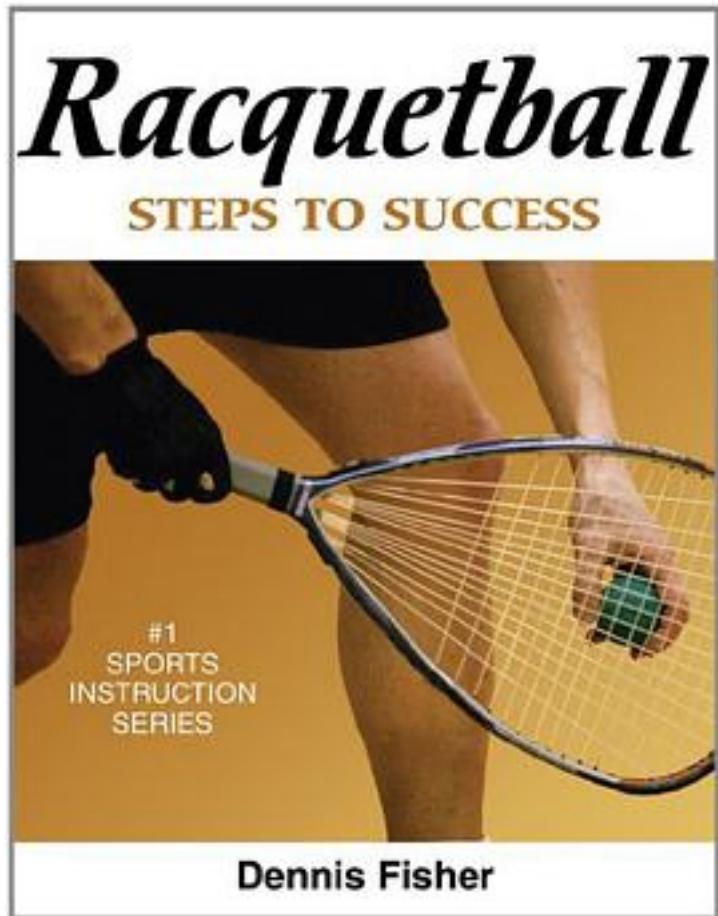


Racquetball



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出版者:Human Kinetics

出版时间:2007-10

装帧:Pap

isbn:9780736069397

This book is aimed at beginners and intermediate racquetball players looking to become more proficient at the sport. "Racquetball: Steps to Success" provides readers progressive instruction in the skills and tactics of the sport. Readers first learn the

techniques of the basic shots and then add to their repertoire more advanced shots. Finally, the strategic element of the game is introduced after players possess the necessary arsenal of shots. Illustrations and diagrams clarify the detailed written descriptions of the proper techniques. Drills allow readers to practice and develop their skills in engaging ways while incorporating a scoring system to help gauge progress. "Racquetball: Steps to Success" targets readers who are familiar with racquetball yet have not received the comprehensive instruction this book offers.

作者介绍:

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