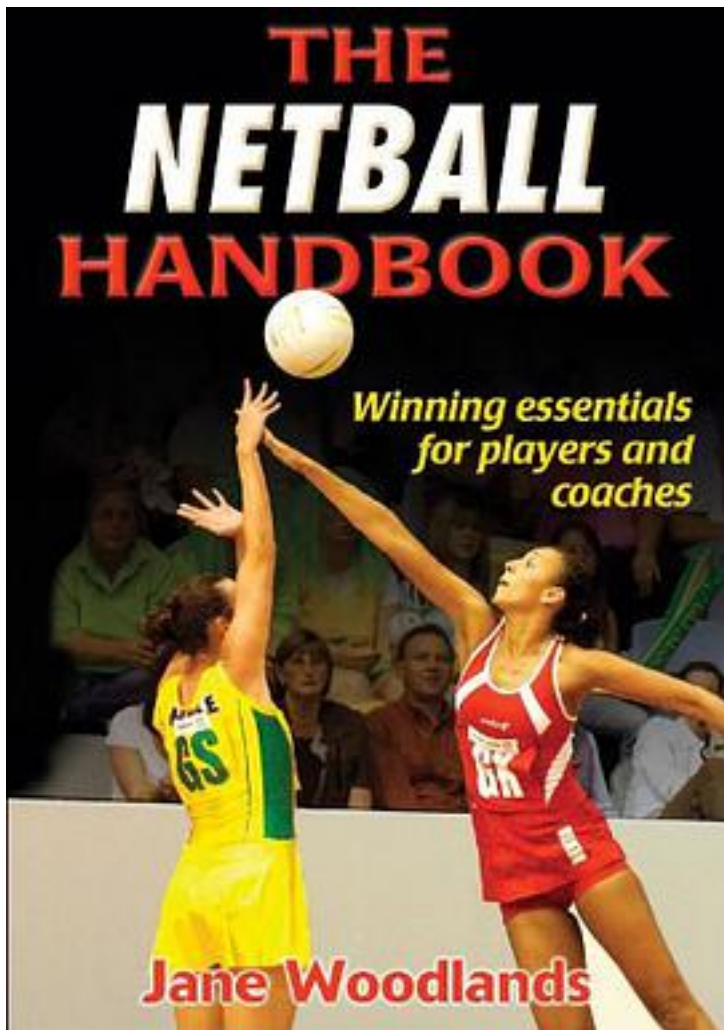


The Netball Handbook



[The Netball Handbook_ 下载链接1](#)

著者:Woodlands, Jane

出版者:Human Kinetics

出版时间:2006-7

装帧:Pap

isbn:9780736062657

This title covers every facet of netball, from individual skills and team tactics to

conditioning and the mental game. Netballers at all levels are seeking a competitive edge in their quest to perform to their maximum potential. This book is the most comprehensive, contemporary resource available to aid that endeavor. This comprehensive guide begins by covering essential netball skills such as body control, movements, ball handling, shooting and defending. The dozens of drills, chapters on physical conditioning, mental training and teamwork, as well as tips from the game's biggest stars, gives the blueprint for individual and team success at the readers fingertips.

作者介绍:

目录:

[The Netball Handbook_ 下载链接1](#)

标签

评论

[The Netball Handbook_ 下载链接1](#)

书评

[The Netball Handbook_ 下载链接1](#)