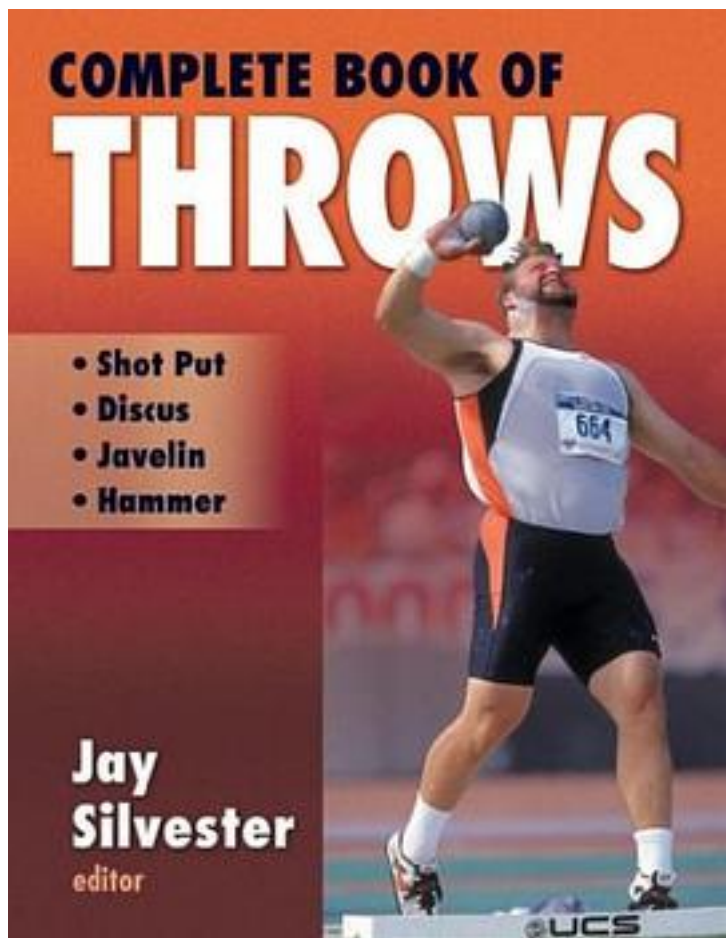


Complete Book of Throws



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著者:Silvester, Jay

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Four-time Olympian Jay Silvester teaches coaches in-depth technique analysis and training information to help improve throwing performance. The Complete Book of Throws presents readers with in-depth analysis and teaching of the skills and

techniques for each of the four throws. An introductory chapter on biomechanics provides a solid foundation for each of the throwing events.

作者介绍:

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