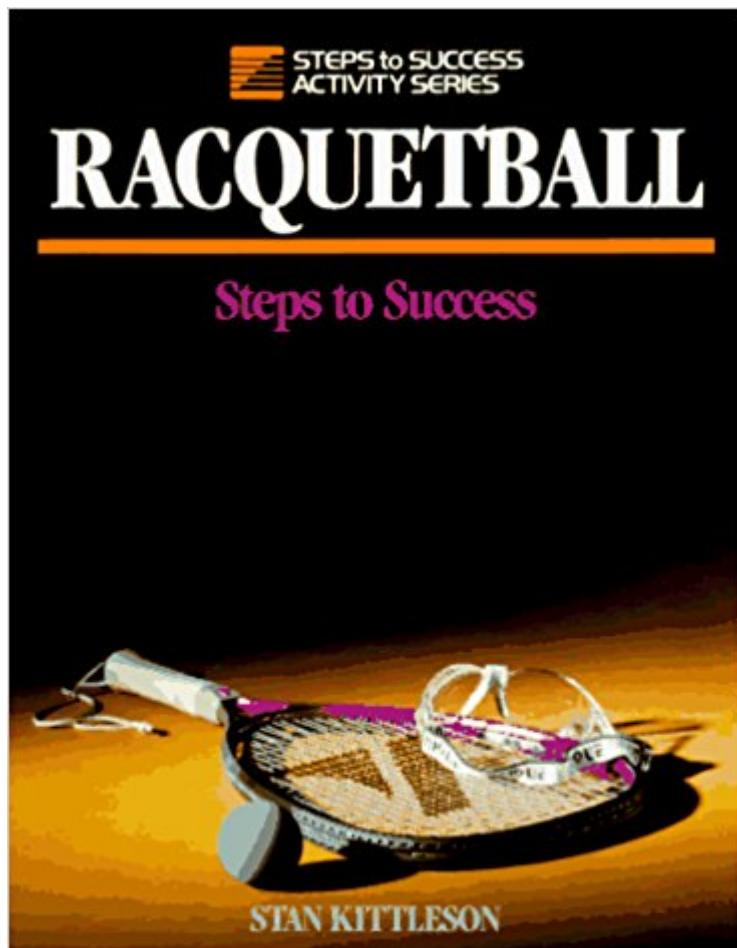


The book was found

Racquetball: Steps To Success (Steps To Success Activity Series)



Synopsis

This book is excellent as a course text or as a self-instruction guide. It uses a unique progression of skills called the "steps to success." Each of the 18 steps (chapters) presents a basic skill to be mastered, explains why the concept or skill is important, identifies the keys to correct technique, helps players correct common errors, explains how to practise, each skill in realistic ways, lists specific performance goals for each drill, and gives summary checklists for evaluating proper technique. Readers will learn basic skills, important strategies to help them become competitive players, how to select the proper strokes for each game situation, how to rate their own progress as they learn the game of racquetball, and how to improve their skills.

Book Information

Paperback: 149 pages

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Language: English

ISBN-10: 0880114401

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Product Dimensions: 0.5 x 8.8 x 11.2 inches

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Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (6 customer reviews)

Best Sellers Rank: #3,161,959 in Books (See Top 100 in Books) #31 in Books > Sports & Outdoors > Racket Sports > Racquetball #1096 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Sports Medicine #2095 in Books > Medical Books > Medicine > Sports Medicine

Customer Reviews

This book is good for people who are just beginning and for people that have been playing for a while. This book has a lot of the usual knowledge and strategy but a lot of drills and drill charts that have improved my game. This book never leaves my bag

This book was definitely designed for a beginner to low intermediate player that has not had any organized racquetball training. The six rules to a better game really have helped me, by teaching me winning strategy. The six rules are also not too overwhelming to stay focused on the techniques during my games. Nice workbook format with very good diagrams and practice drills to actually get you on the court practicing. The practice drills focus on building each individual skill allowing the end

result to come to you naturally over time and practice (sorry the perfection of the skill does take time and practice- otherwise we'd all be incredible wouldn't we)? I also liked that fact that the author did not bore me with the history of the game, the racquet, or many other frivolous items (there are a few, but they are quick). He gets down to the business of how to simply play better racquetball. I cheated and skipped around from chapter to chapter getting the most bang for my buck in the shortest time. If something in a chapter needed some supporting info or skill I was referred back to the other chapter. However, I read the entire book and did find some great info on areas that I was more familiar with before I started the book. If you are an advanced player look elsewhere for improving an intermediate or better game. If you are starting out or never learned racquetball strategy you can't go wrong with this book.

This is a worthy book to have around. It includes many drills to help you home in, especially useful are the "what you're doing wrong" sections.

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