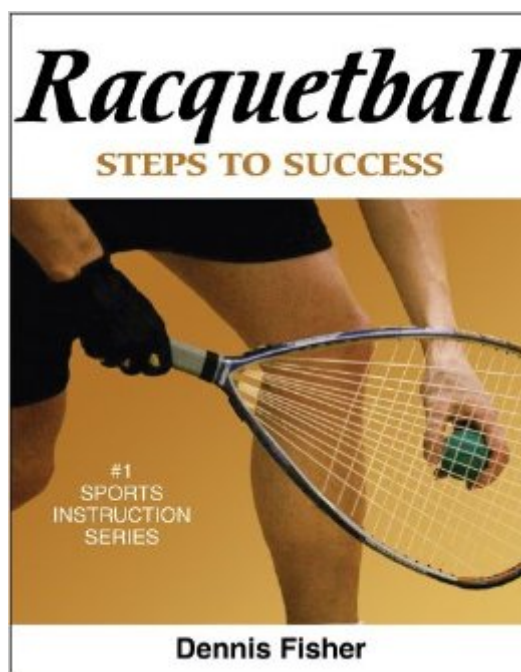


The book was found

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



Synopsis

Master the shots and strategies to control center court and win points. Racquetball: Steps to Success features expert instruction, clear photographs, 3-D court diagrams, more than 80 drills, and a proven system for improving your game. Stroke mechanics for the forehand and backhand and more than 35 shots, including serves, serve returns, and front-wall, side-wall, ceiling, and back-wall shots, are covered and illustrated. Learn when finesse trumps power, why a risky kill shot may be a better choice than a high-percentage ceiling shot, and what shots will move you into the critical center court position. As part of the popular Steps to Success Sports Series, with more than 1.5 million copies sold, Racquetball: Steps to Success covers it all to give you the tools to rule the court!

Book Information

Series: Steps to Success Sports Series

Paperback: 208 pages

Publisher: Human Kinetics; 1 edition (October 15, 2007)

Language: English

ISBN-10: 0736069399

ISBN-13: 978-0736069397

Product Dimensions: 8.5 x 0.5 x 11 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars See all reviews (14 customer reviews)

Best Sellers Rank: #537,059 in Books (See Top 100 in Books) #4 in Books > Sports & Outdoors > Racket Sports > Racquetball #64544 in Books > Health, Fitness & Dieting

Customer Reviews

This is the best book for beginning players I've ever seen. Well-organized, well-written, with large, clear diagrams and photos. The fundamentals and strategies are all sound and clearly explained. Don't be misled by the picture of the book's cover on Amazon, which makes it look like a cheesy home-press photocopy job - the actual book has a full-color glossy cover and is professionally produced in every way. I'll be giving this book to every novice player I play against. Highly recommended.

The Kindle is great for reading but not so useful when looking at figures and charts. The size is partly responsible for the convenience but limits the pictures or drawings. This book is clear and well

portrayed. The examples are clear and direct and makes the text even clearer.

If you could only access one work to assist you in developing a decent racquetball game, then this is it. It's perfect for beginners and intermediate players. It's easy to understand and takes everything step-by-step with plenty of graphics.

I was hired to coach racquetball this fall. After playing the game for 25 years I thought that I could do it. Not true! Who knew there were so many rules? Additionally, how you break down a swing and teach it to a novice is not intuitive. Just because you can play the game doesn't mean you can coach the game. I read this book from front to back, then started over, using the words, diagrams, and explanations to coach my very first racquetball team through a semester long class. And I could not be more thrilled with the results- the students all understand how to execute a correct forehand and backhand, a variety of serves, strategy, and more difficult situations like taking a ball off the back wall. Are they perfect? Of course not- we all have strengths and weaknesses. But they have a very good grasp of the game, have most of the basics down, and most importantly they all have a true love of the game. I hope to have turned them on to a fabulous, fun, challenging way to stay fit and active for life. So THANK YOU Dennis- excellent book!

I have played for the better part of two decades at about a C/D level and this book helps tremendously. Not only with game strategies to play better against better players, but the drills to get you there. This book explains many of the small things that can make a big difference. I wish that I had this book when I started playing racquetball. The insight is exceptionally beneficial. This book should be required reading for players that are serious about getting better in racquetball, your game will grow with this book.

goes in detail how to improve yourself, good book for beginners and intermediate. You will learn to think about what you are doing.

We are beginners and found this book to have some good explanations. It could have been a bit more clear in some parts however.

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