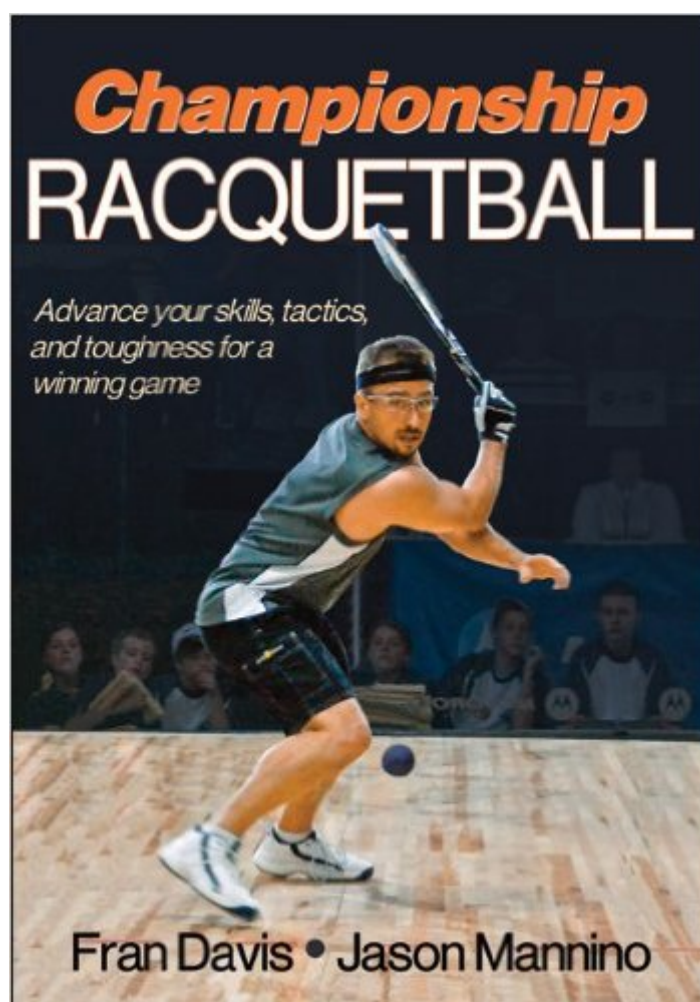


The book was found

Championship Racquetball



Synopsis

Take your game to the next level with *Championship Racquetball*—the most comprehensive guide for mastering the skills, tactics, and strategies of today's game. Renowned coach and hall of famer Fran Davis teams up with racquetball legend and top-ranked player Jason Mannino to share their expertise and secrets on every aspect of the sport—from mastering the skills to recognizing weaknesses and establishing the strategies that will dominate your opponent during match play. *Championship Racquetball* will show you how to master these aspects of the game:

- Develop an attacking forehand and penetrating backhand.
- Dictate matches with dominating serves and returns.
- Round out your arsenal with offensive and defensive specialty shots.
- Adjust court positioning and refine shot selection.
- Establish a winning game plan and match strategy for any opponent.
- Increase strength, power, and endurance through racquetball-specific training drills and exercises.
- Win the mental game every time with the proven psychological and mental strategies used by top players.

With detailed instruction, of the most effective skill-development drills, and practice, training, and match preparation tips for singles and doubles, this is the essential guide for any serious player. If you want to play like a champion, turn to the champions—Davis, Mannino, and *Championship Racquetball*. v

Book Information

Paperback: 296 pages

Publisher: Human Kinetics; 1 edition (January 28, 2011)

Language: English

ISBN-10: 0736089799

ISBN-13: 978-0736089791

Product Dimensions: 7.1 x 0.7 x 9.9 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars— See all reviews (41 customer reviews)

Best Sellers Rank: #571,003 in Books (See Top 100 in Books) #6 in Books > Sports & Outdoors > Racket Sports > Racquetball

Customer Reviews

I've been playing racquetball for nearly 25 years. I have always been a good shooter and patient player. Recently, I started playing more tournaments. I had a lot of fun but wasn't winning many matches. At one event, Fran Davis was there coaching one of my opponents. After the weekend, out of curiosity, I thought I research Fran's career and checked out her web site. I then decided to pick

up the Championship Racquetball book. I was expecting a "light read" and basic information. I was shocked at the depth of the book. Nearly 300 pages of instruction, strategies, drills, illustrations and advice to improve your game. This book has everything for the beginner as well as the experienced player. Once I started reading and analyzing my game, I am not more aware of why I am successful and why I sometimes struggle. In a nut shell, I am a much smarter player and have begun to win more matches. I attribute this to Fran's book. If you want to learn to play racquetball or want to be a better player, buy this book and you'll learn a ton about your game and your potential as a player. Definitely worth the money! Thanks Fran!

I picked up racquetball exactly one year ago this month by joining the local LA Fitness in my town. I found out there was a thriving racquetball league there so I entered it and quickly met the woman who ran it - Fran Davis - the World's #1 Coaching Pro. I also started taking group and semi-private lessons with Fran on the weekends and my game improved immediately where two days after the lesson (in league night) I was beating guys I couldn't touch the week before (before the lesson). I then bought her video which is for sale on , too: Building Your Racquetball Dream House and my skills developed further. Once she finished this book I had to get a copy. You will think you are getting a college text book when you pick this 300 pager up. And it is. It's like taking a semester in Advanced Racquetball Studies and it's definitely geared for the intermediate and advanced player, but a beginner can clearly benefit from it, as well. Anyhow, if you play racquetball on a frequent basis then you are a fool if you don't buy this book and read it. It's not expensive and it'll likely earn you some money if you put any coin on your recreational matches with your friends. :)

I began playing racquetball in the late sixties. Fran and Jason teach things in this book that I hadn't learned even after playing competitively for the first 15 years. As I read it now, I smile at the "secrets" contained between the covers. Championship Racquetball can take one as far as one wants to go in a sport that can be played for a lifetime. The instructionals are clear and easy to understand. Fran and Jason are experts who bring different perspectives to the game.....a combination of arguably the greatest teacher and coach of the game supported by the competitive insights of one of the best-ever players of the game. Whether one is a beginner or an advanced tournament player, there is much to be learned in Championship Racquetball. One cannot read this book without having their awareness of the intricacies of the game raised. Raised awareness will result in better performance. And, every coach or club-level instructor should make sure that every one of their students has a copy of this book.

A must read for beginners thru advanced players. Picked up many tips did not even realize and just started reading it yesterday. Improved my game today by about 5% already! 6 Things I learned so far. 1. Stand with your feet a little more than shoulder width apart. 2. Follow through with your racquet when hitting the ball. 3. Always try to return to center court. 4. Try to anticipate where the ball will wind up after hitting wall. 5. Turn on the balls of your feet and not your heels. 6. Keep your knees slightly bent. I am sure this book and practice will improve my game ten fold, well worth the price.

First, I think videoâ™s are the better method to improve your overall game â | narrated videos beat a thousand words. However, this book has value as a reference source. If you start to notice a pattern in missed shots (skipping short of the wall, fault serves, self-practice becoming less effective, getting trapped, etc) this book has the features for diagnosing your âœProblemâ• and itâ™s âœCorrective Actionâ•. The book iteratively progresses the reader through every fundamental from beginner, intermediate and advanced for each topical reference. The book is a great game diagnostic reference. Once you â^diagnoseâ™ you can concentrate on videos. As an example lâ™d specifically fallen I started skipping returns consistently. I diagnosed my bad habit to my racquet grip morphing into a baseball bat grip. The first or second chapter of the book illustrated the bad habit lâ™d developed and sent me back to â^relearnâ™ and commit to re-establish the muscle memory of the trigger finger, handshake grip. Simple stuff like this is what you can diagnose from the book. 4 star = âœI like itâ•. Videos are more revealing for your total game strategy but you need to diagnose your foible.

[Download to continue reading...](#)

Championship Racquetball Off the Wall: Championship Racquetball for the Ardent Amateur
Creando el Mejor Jugador de Racquetball: Aprender los secretos y trucos utilizados por los mejores jugadores de racquetball profesional y entrenadores, ... tu capacidad atlÃ©tica (Spanish Edition)
Creating the Ultimate Racquetball Player: Learn the Secrets and Tricks Used by the Best Professional Racquetball Players and Coaches to Improve Your Athleticism, Conditioning, Nutrition
The Ultimate Guide to Weight Training for Racquetball & Squash (Ultimate Guide to Weight Training: Racquetball & Squash)
Championship Service Class Shorebirds (Wildfowl Carving Magazine Workbench Projects)
Championship Swim Training
Championship Swimming: How to Improve Your Technique and Swim Faster in 30 Days or Less
Championship Triathlon Training
Championship SCRABBLE Puzzles
Ode to a Master: From Championship to Supreme Court: One

Man's Remarkable Odyssey Winning systems on slots: Championship methods that win The Bad
Guys Won: A Season of Brawling, Boozing, Bimbo Chasing, and Championship Baseball with
Straw, Doc, Mookie, Nails, the Kid, and the Rest of the ... Put on a New York Uniform--and Maybe
the Best Boys in the Field: A Championship Journey from Red Land to Williamsport The Leadership
Lessons of Gregg Popovich: A Case Study on the San Antonio Spurs' 5-time NBA Championship
Winning Head Coach Five-Point Play: Duke's Journey to the 2001 National Championship A
Season Is a Lifetime: The Inside Story of the Duke Blue Devils and Their Championship Seasons
When March Went Mad: A Celebration of NC State's 1982-83 National Championship The Kansas
Century: 100 Years of Championship Jayhawk Basketball More Than a Season: Building a
Championship Culture

[Dmca](#)