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Racquetball Today (Wests Physical Activities Series)



Synopsis

This is one of many paperbacks that constitute a series for the most often taught courses in PE departments. Each book covers commonly discussed topics such as fundamentals of the sport, equipment, clothing, and practice drills. Discussion of sports psychology, advanced strategies/techniques, and mental preparedness is also included. A variety of illustrations help students visualize the proper techniques for each sport. Checklists help students evaluate their progress in learning a technique as well as reinforcing important concepts.

Book Information

Series: Wests Physical Activities Series

Paperback: 230 pages

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Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (2 customer reviews)

Best Sellers Rank: #6,469,274 in Books (See Top 100 in Books) #83 in Books > Sports & Outdoors > Racket Sports > Racquetball #19008 in Books > Textbooks > Medicine & Health Sciences > Allied Health Services #26539 in Books > Medical Books > Allied Health Professions

Customer Reviews

I was having some problems with my technique and found the advice I needed, this book is definitely written by a professional racquetball player and a champ.

Great book for all levels of racquetball players. It has helpful illustrations and strategies to practice.

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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) The Best Bridal Shower Party Games & Activities, #1 (Party Games and Activities) Sex Education Activities: Just for the Health of It, Unit 4 (Health Curriculum Activities Library) Activities Keep Me Going and Going, Volume A (Activities Keep Me Going & Going) 1st Grade Spelling Games & Activities: Activities, Exercises, and Tips to Help Catch Up, Keep Up, and Get Ahead (Sylvan Language Arts Workbooks) 150+ Screen-Free Activities for Kids: The Very Best and Easiest Playtime Activities from FunAtHomeWithKids.com! Busy Toddler, Happy Mom: Over 280 Activities to Engage your Toddler in Small Motor and Gross Motor Activities, Crafts, Language Development and Sensory Play Brain Games for Dogs: Training, Tricks and Activities for your Dog's Physical and Mental wellness(Dog training, Puppy training,Pet training books, Puppy ... games for dogs, How to train a dog Book 1) The Physical Educator's Big Book of Sport Lead-Up Games: A complete K-8 sourcebook of team and lifetime sport activities for skill development, fitness and fun! The Ultimate Homeschool Physical Education Game Book: Fun & Easy-To-Use Games & Activities To Help You Teach Your Children Fitness, Movement & Sport Skills Common Core Math 4 Today, Grade 5 (Common Core 4 Today) Common Core Science 4 Today, Grade 4: Daily Skill Practice (Common Core 4 Today) Common Core Math 4 Today, Grade K: Daily Skill Practice (Common Core 4 Today) Common Core Language Arts 4 Today, Grade 1: Daily Skill Practice (Common Core 4 Today) Common Core Kindergarten 4 Today: Daily Skill Practice (Common Core 4 Today) Common Core Science 4 Today, Grade 5: Daily Skill Practice (Common Core 4 Today)

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