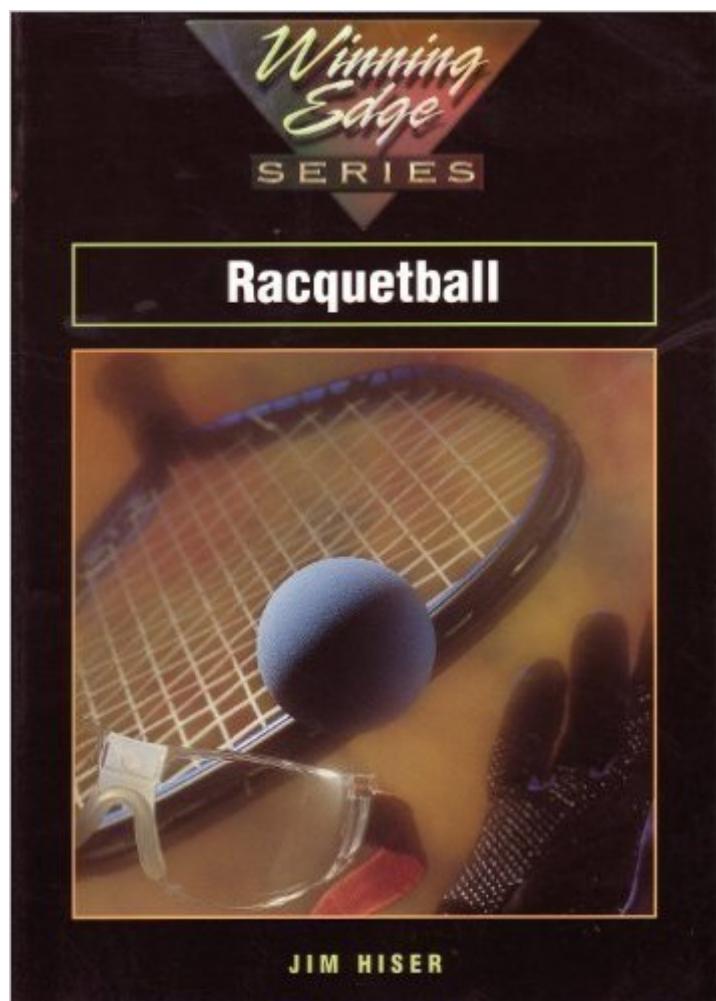


The book was found

Racquetball, Winning Edge



Synopsis

Part of the The Winning Edge Series, this text provides a complete introduction and explanation of the skills and techniques to take the court and participates as a competitive player. Offering an introduction and an explanation of facilities, equipment, rules and terminology, this book moves on to how to mentally and physically prepare for a game (doubles or singles). Individual chapters detail the dynamics of serving, basic shots, strategies, nutritional demands and conditioning.

Book Information

Series: The Winning Edge

Paperback: 216 pages

Publisher: McGraw-Hill Humanities/Social Sciences/Languages; 1 edition (November 10, 1998)

Language: English

ISBN-10: 0815144636

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Product Dimensions: 6.2 x 0.7 x 8.9 inches

Shipping Weight: 9 ounces

Average Customer Review: 5.0 out of 5 starsÂ [See all reviewsÂ](#) (1 customer review)

Best Sellers Rank: #3,422,268 in Books (See Top 100 in Books) #37 inÂ Books > Sports & Outdoors > Racket Sports > Racquetball #46117 inÂ Books > Education & Teaching > Schools & Teaching > Education Theory #60502 inÂ Books > Textbooks > Education

Customer Reviews

This book "Racquetball" by P.E. Allsen is part if the Sport and Fitness Series of Brown & Benchmark Publishers. As with other books in the series, it pretty much covers everything you want to know about the sport. It covers history, rules, procedures, strategies, etc. There are monochrome pictures of how to stand and move. Along with this are several diagrams of angles best for different types of serves. The book covers rules of different groups and how to score. A very important but overlooked part of the sport is warming up and stretching exercises. They are covered in this book also. The only things lacking from the book are the strength and endurance drills that do not use the ball its self. There is so much information in this 116-page book that it can make your racquet spin. This book is a must if you are even halfway serious.

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