

Badminton



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Reviews

The book is straightforward in go through better to understand. it had been writtern quite flawlessly and valuable. You can expect to like the way the author publish this book.

(Reyes Murphy)

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paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Pages Number: 193 Publisher: Science Press Pub. Date :2010-01. The materials from colleges and universities of professional sports & badminton techniques badminton sport specific courses and elective courses in the public's needs & easy to understand introduction to the basics of badminton & From theory to practice focusing on training and developing students' practical skills. The book is ten chapters & divided into five: theoretical knowledge articles & including basic knowledge of badminton & badminton competition knowledge & badminton hitting the basic theory; techniques and methods papers & including the basic techniques and methods of singles & doubles the basic skills; tactics articles & including theory and practice of basic tactics & badminton techniques & tactics and methods of teaching and training content; physical training articles & and training methods & including physical & psychological characteristics of badminton and mental training; competition ornamental articles & including badminton competitions and referee methods . Book is concise & structured & ordinary institutions of higher learning for undergraduate study and use of professional sports & but also for badminton enthusiasts reference. Contents: first chapter of theoretical knowledge articles section badminton badminton basic knowledge birth & dissemination and reproduction of the main features of badminton Section III Section IV value of badminton badminton badminton physiological characteristics of V motion and prevention of common sports injuries Chapter II Section badminton badminton competition of knowledge the composition contest the classification of Section II competition badminton badminton Contest Chapter badminton ball hitting the basic theory of Section II technical elements the basic factors affecting the quality of the third quarter hitting batting second basic structure of technical movement techniques and methods Chapter IV of the basic...

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