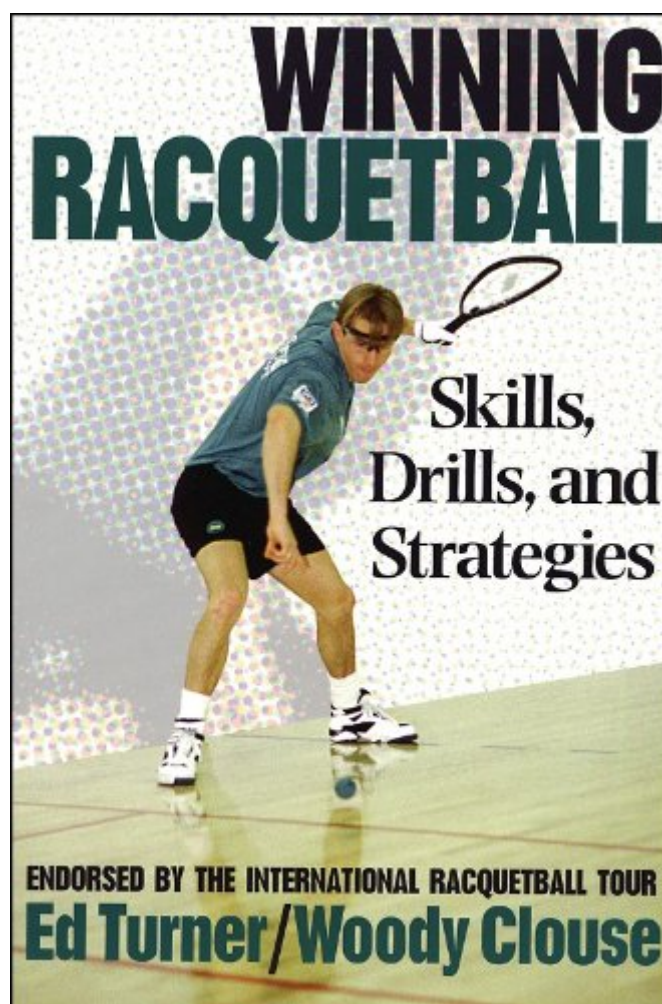


Winning Racquetball: Skills, Drills, and Strategies PDF



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Winning Racquetball: Skills, Drills, and Strategies by Ed Turner, Woody Clouse ISBN 0873227212

Whether you're a competitive tournament player or a recreational player, *Winning Racquetball: Skills, Drills, and Strategies* will help you improve your game.

The authors—veteran instructor Ed Turner and #9-ranked professional racquetball player Woody Clouse—show you all the shots and strategies for success on the court. And you'll see them from two views: the objective eye of an instructor and the keen competitive eye of a touring professional.

Using more than 140 photos and illustrations, the authors provide practical tips for beginning through advanced players, plus drills for each level. Inside you'll find valuable information on:

- selecting equipment and facilities;
- safety and injury prevention and treatment;
- conditioning to improve strength, power, flexibility, and endurance;
- common errors and how to correct them;
- effective game strategies for doubles and tournament play; and
- mental conditioning and outthinking opponents.

This invaluable handbook is divided into three parts that cover everything you need to know. In Part I you'll learn how to pick out the equipment and facility that's right for you. The authors also outline a conditioning program that will help prevent injuries and improve your skill level.

Part II shows you how to use practice sessions and drills to broaden your arsenal of shots. You'll strengthen your forehand and backhand and learn how to hit effective passing, kill, backwall, and ceiling shots. The authors also address the all-important serve.

If you're a competitive racquetball player, the secrets you'll find in Part III of *Winning Racquetball* are indispensable. You'll discover how to use your brain as well as your feet to cover the court, out-think your opponent, and play effective doubles and cut-throat games. And, top-ranked player Woody Clouse gives you a glimpse of the practice regimen and professional demands of an International Racquetball Tour professional.

You'll also find a practical mini-clinic designed to help you diagnose and correct the 13 most common errors made by racquetball players.

Winning Racquetball: Skills, Drills, and Strategies Review

This Winning Racquetball: Skills, Drills, and Strategies book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of Winning Racquetball: Skills, Drills, and Strategies without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry Winning Racquetball: Skills, Drills, and Strategies can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This Winning Racquetball: Skills, Drills, and Strategies having great arrangement in word and layout, so you will not really feel uninterested in reading.