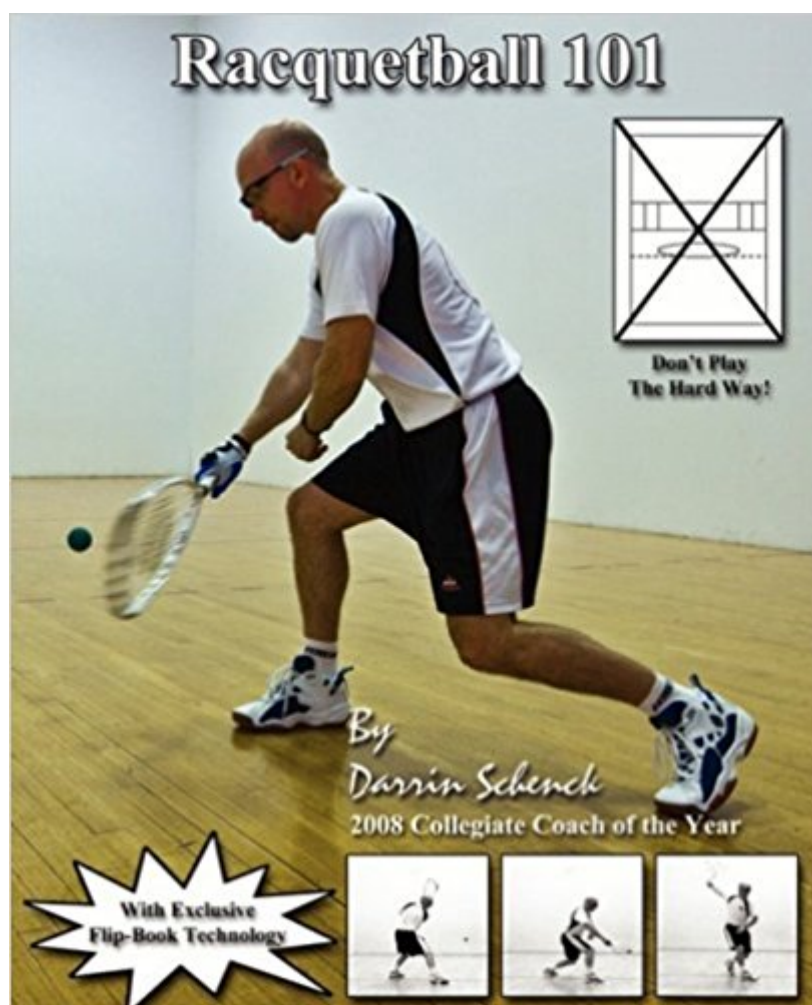


The book was found

Racquetball 101



Synopsis

The most comprehensive instructional racquetball book for beginners available today. Everything you need to know to get started, and build a solid foundation for anyone interested in learning the proper techniques and strategies. This manual is set up as an eight week instructional course for easy of use by students and instructors alike.

Book Information

Paperback: 300 pages

Publisher: IRT Player, Inc (August 22, 2008)

Language: English

ISBN-10: 0615238890

ISBN-13: 978-0615238890

Product Dimensions: 7.5 x 0.6 x 9.2 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars Â Â See all reviews Â (9 customer reviews)

Best Sellers Rank: #1,102,332 in Books (See Top 100 in Books) #12 in Â Books > Sports & Outdoors > Racket Sports > Racquetball

Customer Reviews

I love the instructions in this book. I have played this sports for many years until I had to stop for health (unrelated to racquetball) reasons. I will resume to playing soon and this is the best source of information. It is just GREAT.

I purchased this book because I was in a racquetball 101 class at Arizona State University and the author of this book helped instruct the course! The book itself is great, I personally like the way it was written. The book uses photos to help show the proper poses of the different serves and how to properly move/place your feet. I couldn't find that in many books about this sport. The author himself is pretty knowledgeable about this topic, I trusted his opinions and his instruction. If you want to learn this sport, this book is an awesome resource.

I purchased this book in effort to learn how to play racquetball and break up the monotony of going to the gym and riding the stair master for an hour. The game is so much fun! I love playing, and am getting a great work out doing it. The book is very simple to follow, and is set up with "tests" at the end of each section to make sure you grasp all the concepts correctly. I definitely recommend this

book for anyone wanting to learn how to play racquetball.

This book does a very good job of covering the basics of the game and providing drills to help you improve. I really liked the chapter on the service game and the detail on the different types of serves. His approach to court coverage from a defensive perspective was extremely helpful as well. I would recommend this book to anyone looking to learn or review the fundamentals of the game.

Darrin has done an excellent job of taking his Percentage Racquetball book, (which is an excellent resource for tournament players) and making it applicable for the beginner player. I purchased both, and gave the 101 book to my son in college. He had never played before, but is trying out for the schools racquetball team this year! I highly recommend both!

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The Ultimate Guide to Weight Training for Racquetball & Squash (Ultimate Guide to Weight Training: Racquetball & Squash) Racquetball 101 Film Noir 101: The 101 Best Film Noir Posters From The 1940s-1950s The Gluten-Free Vegetable Spiralizer Cookbook: 101 Gluten-Free Recipes That Turn Vegetables Into Deliciously Satisfying Meals Using Paderno, Veggetti, ... & Brieftons Spiralizers! (Spiralizers 101) Psych 101: Psychology Facts, Basics, Statistics, Tests, and More! (The 101 Series) Costume Design 101 - 2nd edition: The Business and Art of Creating Costumes For Film and Television (Costume Design 101: The Business & Art of Creating) Mythology 101: From Gods and Goddesses to Monsters and Mortals, Your Guide to Ancient Mythology (Adams 101) Etiqueta En El Trabajo / Business Etiquette: 101 Consejos Para Triunfar Con Encanto E Inteligencia / 101 Ways to Conduct Business with Charm and Savvy (Spanish Edition) Social Security 101: From Medicare to Spousal Benefits, an Essential Primer on Government Retirement Aid (Adams 101) 101 Paranormal Romance Story Starters (101 Romance Story Starters) 101 Youth Tennis Drills (101 Drills) Championship Racquetball Racquetball: Steps to Success (Steps to Success Sports Series) Beginning Racquetball (Cengage Learning Activity) Racquetball Fundamentals (Sports Fundamentals) Racquetball's Best: Pros Speak from the Box Strategic Racquetball the racquetball book

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