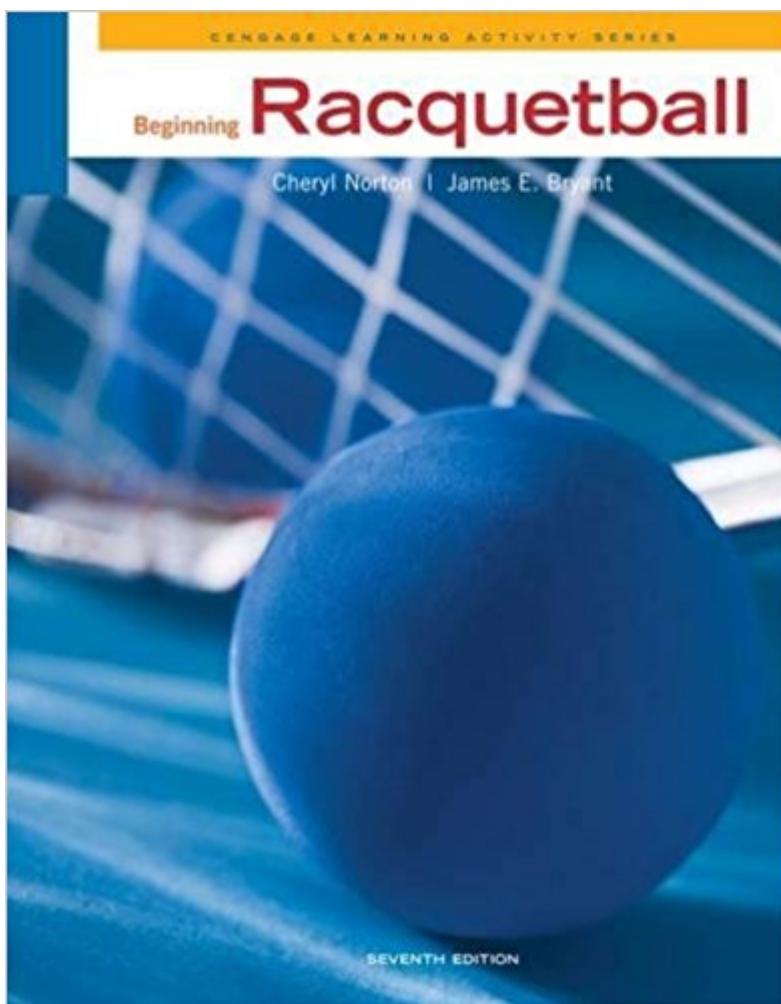


The book was found

Beginning Racquetball (Cengage Learning Activity)



Synopsis

Cengage Learning Activity Series Get the most out of your favorite physical activities. From aerobics and yoga -- to bowling, tennis, weight training, and more -- the Wadsworth Physical Education Activities Series goes beyond the basics, showing you how to improve, excel, and get more enjoyment from your activities, whatever your skill level and background. Suitable for players at any level, BEGINNING RACQUETBALL covers the fundamentals of racquetball including equipment, offensive and defensive strokes, serves, playing strategies, drills, court etiquette, and more. Its many photographs and diagrams help students visualize the concepts, and rich pedagogy help them engage with the material, understand the concepts, and reinforce their learning.

Book Information

Series: Cengage Learning Activity

Paperback: 160 pages

Publisher: Brooks Cole; 7 edition (January 1, 2011)

Language: English

ISBN-10: 0840048106

ISBN-13: 978-0840048103

Product Dimensions: 8.4 x 0.4 x 10.7 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 3 customer reviews

Best Sellers Rank: #331,189 in Books (See Top 100 in Books) #4 in Books > Sports & Outdoors > Racket Sports > Racquetball #83 in Books > Textbooks > Medicine & Health Sciences > Nursing > Clinical > Nutrition #120 in Books > Medical Books > Nursing > Medical Nutrition

Customer Reviews

1. Court, Equipment, Safety, and Resources. 2. Preparation for Play. 3. Preliminaries to the Strokes in Racquetball. 4. Offensive Strokes. 5. Defensive Strokes. 6. Serves in Racquetball. 7. Use of the Back Wall and Corner Shots. 8. Putting the Strokes Together: Non-Thinking Strategy. 9. Putting the Strokes Together: Thinking Strategy. 10. Drills for the Player. 11. Court Etiquette and Interpreting the Rules. Appendix A: Official Rules of Racquetball.

James E. Bryant has taught activity courses for over 20 years. He is also the author of the Wadsworth activity book Game/Set/Match: A Tennis Guide (2008).

Good book for beginners. Bought this for a racquetball class in college

I used this for my racquetball course in college and found it pretty helpful in describing the rules of the game and the different, grips, strokes, strategies, and different warmups. Comes with multiple choice questions and tips to help you improve your game!

Nice quality. Would have liked to not pay as much for such a small book but the quality is very nice.

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