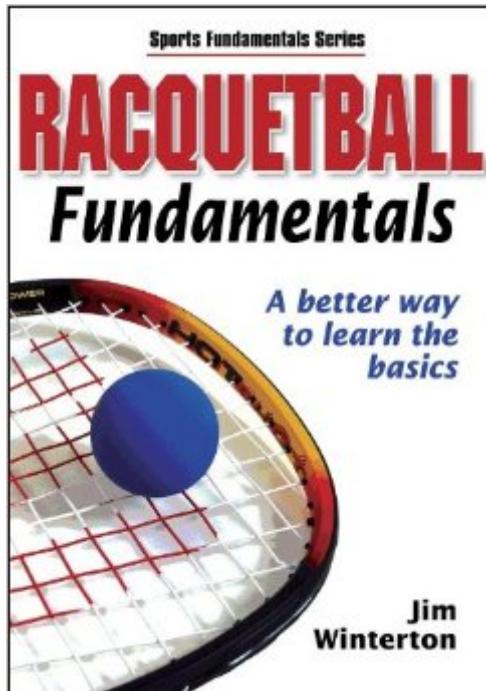


The book was found

Racquetball Fundamentals (Sports Fundamentals)



Synopsis

Head to the court and learn to hit that winning kill shot in no time at all! *Racquetball Fundamentals* will have you playing and competing while you master the basics of the game. You'll learn shot techniques for the forehand, backhand, serve, return of serve, passing shot, side-wall shot, and kill shot. You will also become more competitive with instruction on shot selection, court positioning, and footwork. Soon you'll be winning your share of matches as you employ those techniques with the tactics taught for both singles and doubles play. More than 75 drills and games will speed your learning and improve your performance. You'll also gain a greater understanding of the game's rules, scoring, etiquette, and safety. *Racquetball Fundamentals* is a better way to learn the basics in less time. Use it now and get a step "and point" ahead of your next opponent. See all the titles available in the Sports Fundamentals Series.v

Book Information

Series: Sports Fundamentals

Paperback: 152 pages

Publisher: Human Kinetics; 1 edition (August 13, 2004)

Language: English

ISBN-10: 073605233X

ISBN-13: 978-0736052337

Product Dimensions: 7 x 0.4 x 10 inches

Shipping Weight: 7.2 ounces

Average Customer Review: 3.3 out of 5 starsÂ See all reviewsÂ (6 customer reviews)

Best Sellers Rank: #1,700,949 in Books (See Top 100 in Books) #14 inÂ Books > Sports & Outdoors > Racket Sports > Racquetball

Customer Reviews

I'm an advanced intermediate player with 16 years' experience but due to a lack of players in my area I often find myself playing opponents with beginner-level skills. Because unsolicited advice on the court is not always welcome or easily absorbed, I'd like to have a good book on fundamentals to suggest or loan to my friends. This isn't it. It's wildly scattered, rambling, and self-contradictory, with poor diagrams and useless photos. It jumps right in with drive-serve lessons without talking about fundamentals of grip, posture, body position, shot mechanics or footwork. The most common mistakes of beginners (apart from failure to get back to center court) are not strenuously identified and singled out for concentrated attention: watch your opponent make his/her shot; do not chase

the ball, let it come to you; do not hit anything bound for the back wall at higher than waist-height - let it go to the back wall; the ceiling shot (hitting it and returning it) is the most important shot in the game at this level; always face the side wall when making a shot; aim your shot with your feet and body; hit drives and kills from knee-ankle height, etc. These are mentioned in passing (no pun intended) at random places and for sure there are bits and pieces of good advice (like the purpose of a return is to move the server from center court) scattered throughout the book, but they're buried in so much drivel, contradiction, and occasional downright misinformation that a beginner would never be able to tell what's important at their level and what's not. Mr. Winterton may be a fine player and coach in person, and his dropping names of top-level players may be impressive, but giving this book to a beginner would be doing them a genuine disservice.

This book does a good job teaching the fundamentals and my game has improved since reading it. My only gripe is that I would have liked to have seen more diagrams in the book (particularly the chapters on serves and returns) rather than photos of players, in the book. Overall, good book for the money.

This book can often be confusing or long winded to get across points that should be simplistic. It will give you a couple beginning techniques, but did not provide the "best practice" advise I was looking for.

[Download to continue reading...](#)

Racquetball Fundamentals (Sports Fundamentals) The Ultimate Guide to Weight Training for Racquetball and Squash (The Ultimate Guide to Weight Training for Sports, 18) (The Ultimate Guide to Weight Guide to Weight Training for Sports, 18) Creando el Mejor Jugador de Racquetball: Aprender los secretos y trucos utilizados por los mejores jugadores de racquetball profesional y entrenadores, ... tu capacidad atlÃ©tica (Spanish Edition) Creating the Ultimate Racquetball Player: Learn the Secrets and Tricks Used by the Best Professional Racquetball Players and Coaches to Improve Your Athleticism, Conditioning, Nutrition The Ultimate Guide to Weight Training for Racquetball & Squash (Ultimate Guide to Weight Training: Racquetball & Squash) Sports Betting for Beginners: How To Read The Sports Odds So You Can Turn A Few Dollars Into Big Winnings With Sports Betting! Sports Betting: Tools, Strategies, and Principles Behind Winning Sport Predictions: Sports Investing and Making Money in NBA, NFL, NCAA, Football and Basketball ... Sports Wagering, NFL Betting, NBA Betting) Sports Illustrated Almanac 2015 (Sports Illustrated Sports Almanac) Olympic Sports - When and How? : History of Olympic

Sports Then, Now And Beyond: Olympic Books for Kids (Children's Olympic Sports Books) Racquetball: Steps to Success (Steps to Success Sports Series) A Beginner's Guide To Racquetball (Sports For You Series Book 2) Racquetball: Mastering the Basics with the Personalized Sports Instruction System (A Workbook Approach) Stretching for Everyday Fitness and for Running, Tennis, Racquetball, Cycling, Swimming, Golf, and Other Sports Racquetball: Strategies for Winning (Sports Illustrated) Conditioning For Racquet Sports: Tennis, Racquetball, Handball, Squash, Platform Tennis, Jai Alai (Dr. Fred Hatfield's Sport Specific Conditioning Series) Fundamentals of Racquetball Bowling Fundamentals (Sports Fundamentals) Tennis Fundamentals (Sports Fundamentals) Volleyball Fundamentals (Sports Fundamentals) Gambling Addiction: The Ultimate Guide To Gambling Addiction Recovery: How To Finally Overcome Gambling Addiction And Problem Gambling Forever (Overcome ... Sports Gambling, Fantasy Sports, Poker)

[Dmca](#)