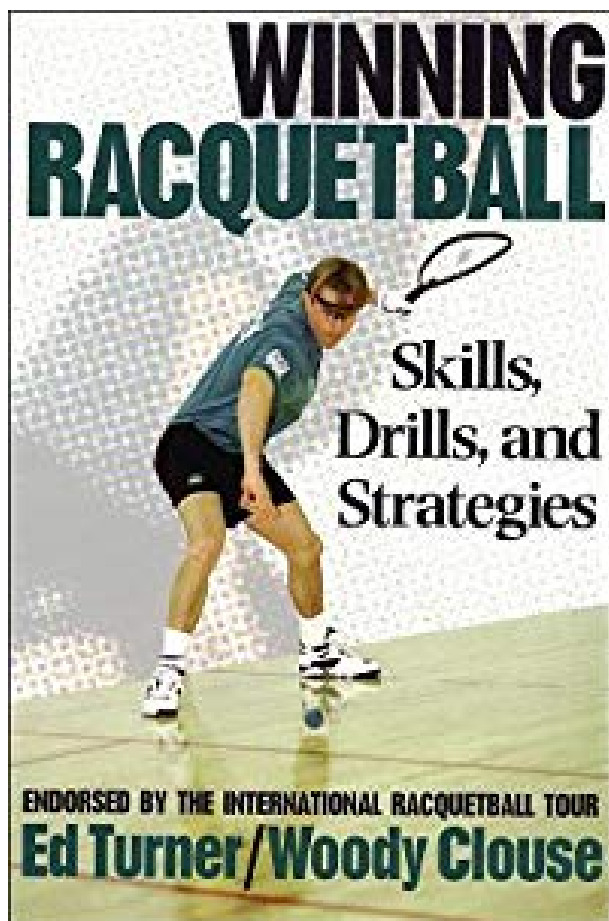


Winning Racquetball: Skills, Drills, and Strategies



Published:	October 11th 1995 by Human Kinetics Publishers
ISBN10:	0873227212
Language	English
Pages:	288
ISBN13:	9780873227216
Goodreads Rating:	3.67
Author:	Ed Turner
Genre:	Nonfiction

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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.