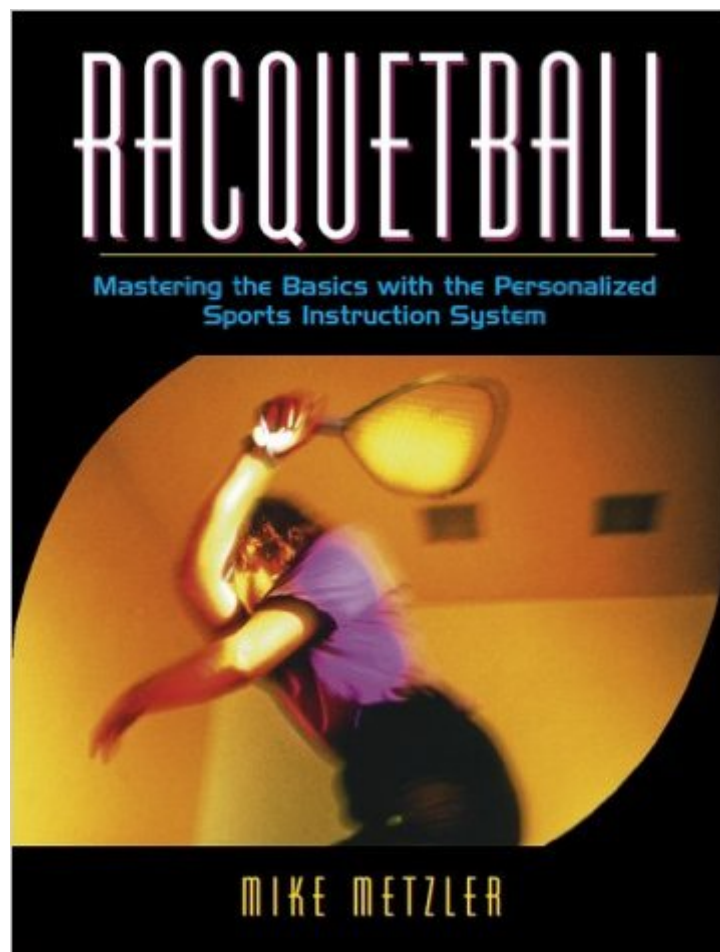


The book was found

Racquetball: Mastering The Basics With The Personalized Sports Instruction System (A Workbook Approach)



Synopsis

This guide to raquetball uses the Personalized Sport Instruction model of teaching (PSI), which is widely respected as an effective, interactive, student-centered teaching model. This workbook, as part of a six-book series, features a common organization and framework for planning, managing, implementing, and evaluating the fundamentals of learning badminton. Each module includes specific directions for setting up learning tasks and criteria for demonstrating mastery. For anyone interested in the sport of raquetball.

Book Information

Paperback: 135 pages

Publisher: Benjamin Cummings (October 5, 2000)

Language: English

ISBN-10: 0205323723

ISBN-13: 978-0205323722

Product Dimensions: 7 x 0.2 x 9.1 inches

Shipping Weight: 4.8 ounces

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (2 customer reviews)

Best Sellers Rank: #3,100,377 in Books (See Top 100 in Books) #30 in [Books > Sports & Outdoors > Racket Sports > Racquetball](#) #5768 in [Books > Education & Teaching > Studying & Workbooks > Workbooks](#) #34699 in [Books > Humor & Entertainment > Puzzles & Games](#)

Customer Reviews

Out side of a coach or trainer, how else can you improve your Raquetball game? Play better players, practice, what else? A Book? This book was actually very useful in helping me learn more ways to improve my game. The illustrations and explanations were easy to understand and put into practice. I decided to keep my copy of it just to go back to refresh my mind in case I forget anything. Mastering the Basics is so important. If you don't know and use the basics correctly in the first place I think you are actually putting a limit on just how much you can improve your game. I went back to the basics to retrain myself how to make better serves. The Basics are a lot more important than I had ever thought. I rushed through the basics when I first started playing and it did put a limit on my progress. If you are not holding the racket the right way and are not stroking the ball the right way from the very beginning, how can you expect to improve your game. Seems so simple but I don't think I am the only one that skipped a few steps when learning the basics.

Great book for all levels of racquetball players. Emphasizes the basics of the game and provides detailed strategies and exercises to practice.

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

Racquetball: Mastering the Basics with the Personalized Sports Instruction System (A Workbook Approach) 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 atlÁfÂ©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: The Secret System to Success and Make Money (Win Money Betting System) (Sports Betting, Make Money, Betting Strategy) Mastering Adoption Law and Policy (Mastering Series) (Carolina Academic Press Mastering) 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) The Bride's Instruction Manual: How to Survive and Possibly Even Enjoy the Biggest Day of Your Life (Owner's and Instruction Manual) Librarian's Guide to Online Searching: Cultivating Database Skills for Research and Instruction, 4th Edition: Cultivating Database Skills for Research and Instruction Mastering German Vocabulary: A Thematic Approach (Mastering Vocabulary) Racquetball: Steps to Success (Steps to Success Sports Series) Racquetball Fundamentals (Sports Fundamentals) A Beginner's Guide To Racquetball (Sports For You Series Book 2) 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)

[Dmca](#)