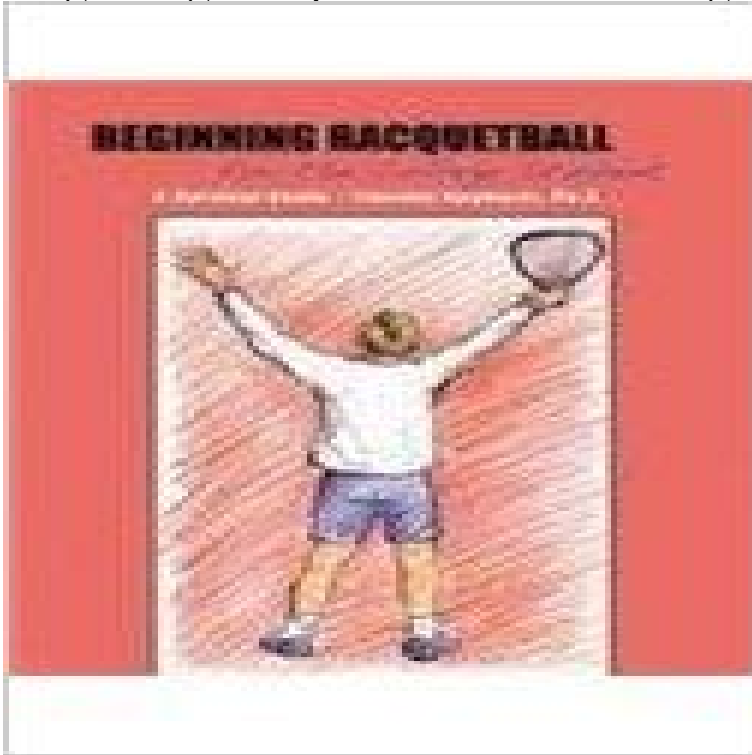


Beginning Racquetball for the College Student: A Survival Guide



Beginning Racquetball is written for beginning racquetball classes and players and is an easy-to-read manual on the basics of the game. It is designed to provide the beginning student with the bare necessities about game rules, competent play, and basic strategies of racquetball. Detailed illustrations help students visualize grips, ball placement, and player movement on the court. Instructions directed at beginning racquetball teachers help customize drills and games to class size and student ability. The book covers equipment and safety; scoring; grips; forehand and backhand swings; offensive and defensive strokes; serves and returns; strategies; terminology; and ways to gain a competitive edge. There are also sections on drills and competitive play for students who want to get serious about the sport, including information on racquetball associations and official rules of play. Features An easy-to-read style helps students understand the elements of the game. Detailed illustrations help students visualize grips, ball placement, and player movement on the court. Instructions directed at racquetball teachers aid in classroom drills and games. Chapters on weight training and nutrition give students a competitive edge.

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