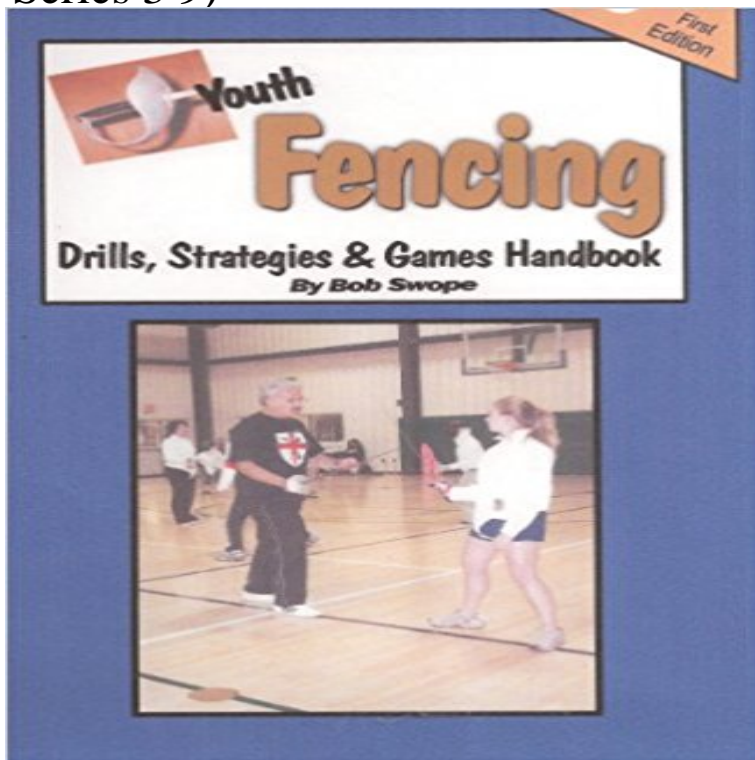


# Youth Fencing Drills, Strategies & Games Handbook (Drills and Plays Series 3 9)



This book has drills and exercises to build up your fencers coordination, speed, agility and fundamental fencing skills. It has offensive and defensive strategies, tactics and plays covering all phases of a fencing bout or match. It gives you the basic fundamentals for Foil, Epee and Saber fencing. It gives you two different warm up and stretching routines to use. It has fencing core training and learning games to play, to take the monotony out of practicing. It has suggested practice schedule examples to follow. All drills and games are numbered for easy reference between coaches.

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