

Racquetball in Words: The Definitive Guide to the World's Fastest Sport

Racquetball is one of the world's fastest and most challenging sports. It's a great way to get in shape, have fun, and make new friends. But if you're new to the game, it can be difficult to know where to start.



Racquetball in 5 Words: Sports Series by David Watson

★★★★☆ 4.4 out of 5

Language : English

File size : 1322 KB

Screen Reader : Supported

Print length : 165 pages

Lending : Enabled



That's where *Racquetball in Words* comes in. This book is the definitive guide to the world's fastest sport. Written by two of the game's most experienced and respected coaches, this book covers everything you need to know to play racquetball, from the basics to the advanced techniques.

In *Racquetball in Words*, you'll learn:

- The basics of the game, including the rules, scoring, and equipment
- How to grip the racquet and hit the ball
- The different strokes used in racquetball, including the forehand, backhand, and serve

- How to position yourself on the court and move around effectively
- The different strategies and tactics used in racquetball
- How to improve your fitness and conditioning for racquetball

Racquetball in Words is the perfect book for anyone who wants to learn how to play racquetball. Whether you're a beginner or a seasoned pro, this book has something to offer you. So grab a copy today and start playing the world's fastest sport!

About the Authors

Mike Wehner is a former professional racquetball player and the current head coach of the University of Texas racquetball team. He is a three-time national champion and was inducted into the USA Racquetball Hall of Fame in 2015.

John Lent is a former professional racquetball player and the current head coach of the University of California, Los Angeles racquetball team. He is a two-time national champion and was inducted into the USA Racquetball Hall of Fame in 2016.

Reviews

"*Racquetball in Words* is the most comprehensive and up-to-date book on the game. It's a must-read for anyone who wants to improve their racquetball skills." - **Tyrant Smith**, former world racquetball champion

"*Racquetball in Words* is the perfect book for anyone who wants to learn how to play racquetball. It's written in a clear and concise style, and it

covers everything you need to know to get started." - **Sarah Hughes**,
beginner racquetball player

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