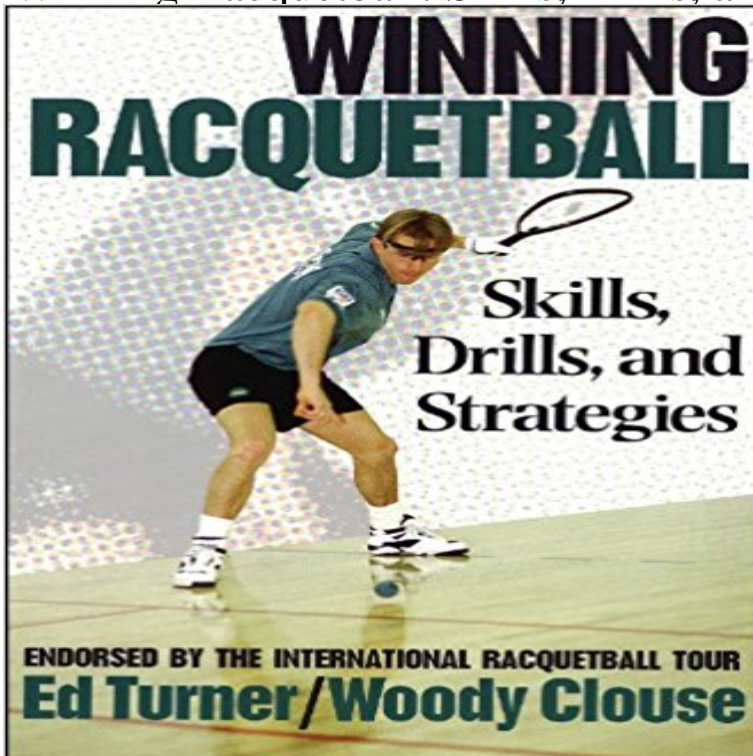


Winning Racquetball: Skills, Drills, and Strategies



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.

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window.ue_csm.cel_widgets = [
  { id: detail-bullets }, { id:
featurebullets_feature_div }, {
id: summaryContainer }, { s:
#revMHRL > DIV , id_gen:
function(elem, index) { return
custRev + (index + 1); } }, { id:
sims_fbt }, { id:
purchase-sims-feature }, { id:
session-sims-feature }, { id:
quickPromoBucketContent }, {
id: productDescription }, { id:
technicalSpecifications_feature_d
iv }, { id: prodDetails }, { id:
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technical-data }, { id:
tagging_lazy_load_div }, { id:
consumption-sims }, { id:
moreBuyingChoices_feature_div
}, { id:
product-ads-feedback_feature_div
}, { id: DActr }, { id: vtpsims
}, { c: celwidget }, { id:
fallbacksessionShvl }, { id: rhf
}, { id:
unifiedLocationPopoverSelection
s }, { c: feature }
];
(function(a){var
b=document.ue_backdetect;b&&
b.ue_back&&a.ue&&(a.ue.bfini=
b.ue_back.value);a.uet&&a.uet(b
e);a.onLdEnd&&(window.addEv
entListener?window.addEventList

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ener(load,a.onLdEnd,!1):window.
attachEvent&&window.attachEve
nt(onload,a.onLdEnd));a.ueh&&a
.ueh(0>window,load,a.onLd,1);a.u
e&&a.ue.tag&&(a.ue_furl&&a.u
e_furl.split?(b=a.ue_furl.split(.))
&&b[0]&&a.ue.tag(b[0]):a.ue.tag
(nofls)))(ue_csm); var
ue_pty=Detail, ue_spty=Glance,
ue_pti=0873227212; v
(function(g,h){function
d(a,d){var b={};if(!e !f)try{var
c=h.sessionStorage;c?a&&(undefi
ned!==typeof
d?c.setItem(a,d):b.val=c.getItem(
a)):f=1 }catch(g){e=1 }e&&(b.e=1
);return b }var b=g.ue
{ },a=f,e,c,a=d(csmtid);f?a=NA:a.
e?a=ET:(a=a.val,a (a=b.oid
NI,d(csmtid,a)),c=d(b.oid),c.e
(c.val=c.val
0,d(b.oid,c.val+1)),b.ssw=d);b.tab
id=a})(ue_csm>window);
(function(b,c){var
a=c.images;a&&a.length&&b.ue.
count(totalImages,a.length)})(ue_
csm,document);
(function(m,h){function
I(a){if(a)return a.replace(/^\//s+
//s+$/g,)}function
x(a,e){if(!a)return{ };a.m&&a.m[
k]&&(a=a.m);var b=e.m e[k]
,b=a.m&&a.m[k]?b+a.m[k]:a.m&
&a.m.target&&a.m.target.tagName
e?b+(Error handler invoked by
+a.m.target.tagName+
tag):a.m?b+a.m:a[k]?b+a[k]:b+U
nknown error,b={ m:b,f:a.f
a.sourceURL a.fileName
a.filename
a.m&&a.m.target&&a.m.target.sr
c,l:a.l a.line a.lineno
a.lineNumber,c:a.c?+a.c:a.c,s:[],t:
m.ue.d(),name:a.name,type:a.type
,csm:J+
+(a.fromOnError?onerror:
ueLogError)},d,c,g=0,f=0,n;c=h.l
ocation;d=a.stack
(a.err?a.err.stack:);b[y]=e[y]
c&&c.href missing;b[p]=e[p]
z;(c=e[q])&&(b[q]=+c);m.ue_ld_
err&&h.performance&&h.perfor

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mance.timing&&(c=h.performanc
e.timing,f=window.performance&
&window.performance.now&&w
indow.performance.timing?windo
w.performance.now()+window.pe
rformance.timing.navigationStart:
+new
Date,b.lid=0l.mxe))){l.ec++;l.ter.p
ush(a);e=e    {} ;var  b=a[p]
e[p];e[p]=b;e[q]=a[q]
e[q];b&&b!=z    l.ecf++;w(a,
e)}}function    w(a,e){if(a){var
b=x(a,e),d=e.channel
M;if(ue.log.isStub&&h[u]&&h[u
][v]){var    c={ };c[d]=b;try{var
g=h[u][v]({rid:ue.rid,sid:m.ue_sid
,mid:m.ue_mid,sn:m.ue_sn,reqs:[
c]}),f=h1,n;if(n!=(f[D]&&f[D])(E,
g))){var  l;if(h[F]){var  k=new
h[F];k.onerror=s;k.ontimeout=s;k.
onprogress=s;k.onload=s;k.timeo
ut=0;l=k}else{var  p;if(h[G]){var
q=new  h[G];p=withCredentialsin
q?q:void    0}else    p=void
0;l=p}n=1}if(d=n){d.open(POST,
E,!0);if(d[H])d[H](Content-type,t
ext/plain);d.send(g)}}catch(r){}}
else    m.ue.log(b,
d,{nb:1});if(!a.fromOnError){g=h
.console    {} ;d=g.error    g.log
s;c=h[u];f=Error logged with the
Track&Report    JS    errors
API(http://tiny/1covqr6l8/wamazi
ndeClieUserJava):
;if(c&&c[v])try{f+=c[v](b)}catch
(t){f+=no    info    provided;
converting to string failed}else
f+=b.m;d.apply(g,[f,b])}} }var
G=XMLHttpRequest,F=XDomai
nRequest,N=navigator,D=sendBe
acon,v=stringify,u=JSON,p=logL
evel,q=attribution,y=pageURL,r=
skipTrace,H=setRequestHeader,k
=message,s=function(){ },E=//+m.
ue_furl+
/1/batch/1/OE/,l=m.ue_err,M=m.
ue_err_chan
jserr,z=FATAL,J=v6,A=20,t=256
,L=RegExp( (?([ ^ s]*):( d+): d+
)?.split(
).join(String.fromCharCode(92))),
K=/. *@(. *):( //d*);x[r]=1;C[r]=1;

```

```

w[r]=1;(function(){for(var
a,e=0;e      (function(c,d){var
b=c.ue,a=d.navigator;b&&b.tag&
&a&&(a=a.connection
a.mozConnection
a.webkitConnection)&&a.type&
&b.tag(netInfo:+a.type)))(ue_csm
>window);
(function(c,d){function
g(a,b){for(var  c=[],d=0;d
ue_csm.ue.exec(function(d,e,a){f
unction
b(a,b){return{name:a,getFeature
Value:function(){return  void
0!==(b      0)}}}function
h(a,b,c){return{name:a,getFeature
Value:function(){return  b===c
0}}}}function
g(a,b){return{name:a,getFeature
Value:function(){for(var a=0;a
ue._bf.modules.push(
ue._bf.mpm(cc_ie5, 1) )
ue._bf.modules.push(
ue._bf.mpm(cc_ie6, 1) )
ue._bf.modules.push(
ue._bf.mpm(cc_ie7, 1) )
ue._bf.modules.push(
ue._bf.mpm(cc_ie8, 1) )
ue._bf.modules.push(
ue._bf.mpm(cc_ie9, 1) )
(function(g,b,h){function  c(){var
a;a=h.cookie.match(/session-id=(
//w//-]+)/);a=null!==(a?a[1]:null);v
ar
b=ue_sid,c;c=Date.now?Date.no
w():(new  Date).getTime();d[a]
(e.log({k:k,t:c,nsid:a,osid:b},f),d[
a]=1)}var
k=sbk,f=csm;b=b.navigator.cookiesEnabled?!0:!1;var
e=g.ue,d={};e.log({k:cinf,enbl:b}
,f);b&&ue_sid&&(d[ue_sid]=1,e.
attach(beforeunload,c),setInterval
(c,1E3))})(ue_csm>window,docu
ment);
ue_csm.ue.exec(function(e,f){var
a=e.ue
{ },b=a._wlo,d;if(a.ssw){d=a.ssw(
CSM_previousURL).val;var
c=f.location,b=b?b:c&&c.href?c.
href.split(#)[0]:void  0;c=(b
)===a.ssw(CSM_previousURL).v

```

```

al;!c&&b&&a.ssw(CSM_previousURL,b);d=c?reload:d?intrapage-transition:first-view}else
d=unknown;a._nt=d},NavTypeModule)(ue_csm>window);    var
ue_mbl=ue_csm.ue.exec(function
(e,a){function    k(f){b=f
{ };a.AMZNPerformance=b;b.transition=b.transition
{ };b.timing=b.timing
{ };if((f=a.webclient&&function==typeof
webclient.getRealClickTime?a.cordova&&a.cordova.platformId&&ios==cordova.platformId?!1:!0:!1)&&b.tags    instanceof
Array){var
c;c=-1!=b.tags.indexOf(usesAppStartTime)
b.transition.type?!b.transition.type&&-1

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forehand game plan grip how to

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