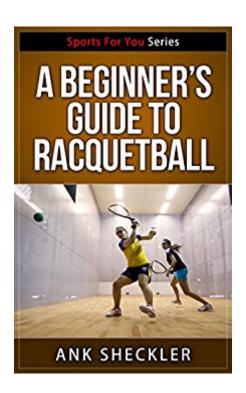
## The book was found

# A Beginner's Guide To Racquetball (Sports For You Series Book 2)





### **Synopsis**

Racquetball offers many health benefits. Playing a few times a week can help you to quickly lose weight and melt away fat. Additionally, racquetball can help improve your mood and improve your cardiovascular and respiratory functions. If you want to be agile, nimble and quick on your feet, look no further than a fun game of racquetball. Very little equipment is needed for this sport. Although the sport can be played outdoors, most racquetball courts are located inside. Once you have found a racquetball court, all you need is a racquetball, a racquet and some protective accessories, which include eye protection, mouth guards and padded elbow and knee pads. Racquetball only has a few rules. This sport is perfect for those who are looking for a sport that is easy to learn and fun to play. All you need is a friend, a couple of racquets, a ball and a court. Soon, after reading this guide, you will be enjoying a fun filled hour of leisurely, competitive play. But before that there are few very important things you need to learn to make your racquetball experience a smooth flow without any injuries and disappointments. For instance, the weight of your racquet can either help or hurt your ability to successfully play racquetball. Racquet weights range from 150 grams to 245 grams. The weights are broken down into three distinguishing weight ranges, lightweight, medium weight and heavy weight. There are also three types of swings, the slow swing, the moderate swing and the fast swing. Each swing style will be discussed in this guide to help you discern the type of player you are. The balance of a racquet affects a player's maneuverability and power much like the weight of a racquet does. There are three choices when it comes to balance, the heavy head racquet, the light head racquet and a balanced racquet. Learning about each of the three types of balances will help you determine the best racquet for your style of play. Did you know that different colored racquetballs have different qualities? The primary colors for racquetballs are blue, purple, green, red and black. Knowing how each color ball responds will help you choose which racquetball to purchase. Much like tennis, strategy is the key to beating your opponent. Learning how to execute serves and rallies is key to winning the game. There are several types of servers and rallies that can help you successfully win the game. Each type of serve and rally and many other things will be discussed in this book: a ¢Determining the Correct Racquetball Racquet Weighta ¢Determining Your Swing Styleâ ¢Racquetball Racquet Balanceâ ¢Swing Weightâ ¢Finding the Right Grip Sizeâ ¢How Racquet Head Size Can Help or Hurt Your Gameâ & The Racquetball Ballâ & Racquetball Gloves, Racquetball Shoes, Clothing, Protective Gear, â ¢Maintaining and Replacing Your Racquetball Equipmentâ ¢Racquetball Rulesâ ¢Strategies to Win the GameRacquetball is a great sport for almost anyone that wants to get in shape without needing to learn a bunch of rules. As little as two people can play a racquetball game. This type of game is known as singles. Four people forming

two teams is known as a doubles game. Finally, three people can play against one another - a cutthroat game. With each type of game donâ ™t forget to enjoy yourselves. Good luck!

#### **Book Information**

File Size: 670 KB

Print Length: 52 pages

Simultaneous Device Usage: Unlimited

Publisher: Shaharm Publications (April 19, 2015)

Publication Date: April 19, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B00WFG9ZZI

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,516,513 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #9 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Racket Sports > Racquetball #29 in Books > Sports & Outdoors > Racket Sports > Racquetball #1628 in Kindle Store > Kindle Short Reads > 90 minutes (44-64 pages) > Sports & Outdoors

#### Download to continue reading...

A Beginner's Guide To Racquetball (Sports For You Series Book 2) 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) The Ultimate Guide to Weight Training for Racquetball & Squash (Ultimate Guide to Weight Training: Racquetball & Squash) Creando el Mejor Jugador de Racquetball: Aprender los secretos y trucos utilizados por los mejores jugadores de racquetball profesional y entrenadores, ... tu capacidad atlÃf©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 Sports Betting for Beginners: How To Read The Sports Odds So You Can Turn A Few Dollars Into Big Winnings With Sports Betting! Racquetball: Steps to Success (Steps to Success Sports Series) Conditioning For Racquet Sports: Tennis, Racquetball, Handball, Squash, Platform

Tennis, Jai Alai (Dr. Fred Hatfield's Sport Specific Conditioning Series) 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) Racquetball Fundamentals (Sports Fundamentals) Racquetball: Mastering the Basics with the Personalized Sports Instruction System (A Workbook Approach) Stretching for Everyday Fitness and for Running, Tennis, Racquetball, Cycling, Swimming, Golf, and Other Sports Racquetball: Strategies for Winning (Sports Illustrated) Improve Your Game Of Racquetball - Beginner's Guide Volleyball: A Beginner's Guide To Volleyball: Get Started Playing And Winning At Volleyball! (Sports For You Series Book 7) You Wanna Bet?: Beginners Guide to Online Sports Betting and Daily Fantasy Sports Why Less Is More for WOSPs (Well-Intentioned, Overinvolved Sports Parents): How to Be the Best Sports Parent You Can Be SNOWBOARDING: A guide book on how to learn the extreme sports winter adventure (snowboarding games, extreme adventure, winter sports)

<u>Dmca</u>