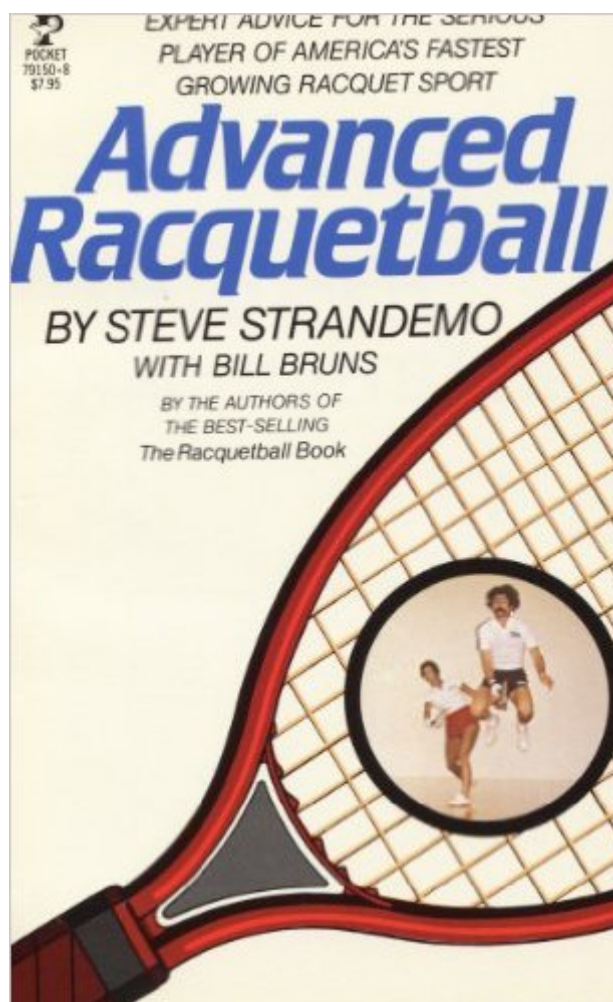


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# Advanced Racquetball



## Synopsis

Used - good condition

## Book Information

Paperback: 206 pages

Publisher: Pocket Books (May 1983)

Language: English

ISBN-10: 0671791508

ISBN-13: 978-0671791506

Product Dimensions: 0.5 x 5.3 x 8.1 inches

Shipping Weight: 9.1 ounces

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (1 customer review)

Best Sellers Rank: #769,162 in Books (See Top 100 in Books) #10 in [Books > Sports & Outdoors > Racket Sports > Racquetball](#)

## Customer Reviews

I've been playing for 10 years (minimum of twice a week, three times/week for last 3 years) and started taking a few lessons a year ago. My club pro recommended this book, and has attended several boot camps run by Strademo. I devoured the book in 2 days, and highlighted points on almost every page. Biggest pointer: Defining the "action zone" where 90% of shots bounce to (between 28 and 38 feet)... I was continually playing too far up. If your opponent can kill a shot in front of that zone, let him have it. In stead, say back, and hope he misses and go for the rekill or a defensive shot. I implemented it and it's already helped my game. Also gives many fundamentals on technique, as well as how to make the shots that I never understood. It's only my 1st racquetball book, but Highly recommended. It will take me at least a year of practice to implement everything.

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Professional Racquetball Players and Coaches to Improve Your Athleticism, Conditioning, Nutrition

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