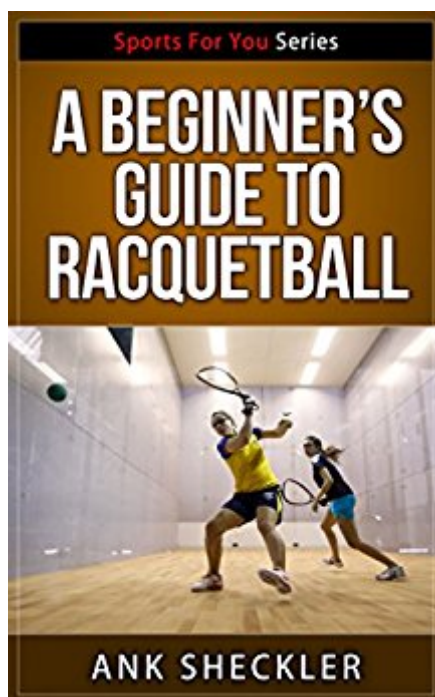


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# A Beginner's Guide To Racquetball (Sports For You Series Book 2)



## 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:

- Determining the Correct Racquetball Racquet Weight
- Determining Your Swing Style
- Racquetball Racquet Balance
- Swing Weight
- Finding the Right Grip Size
- How Racquet Head Size Can Help or Hurt Your Game
- The Racquetball Ball
- Racquetball Gloves, Racquetball Shoes, Clothing, Protective Gear,
- Maintaining and Replacing Your Racquetball Equipment
- Racquetball Rules
- Strategies to Win the Game

Racquetball 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 don't forget to enjoy yourselves. Good luck!

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