



Fundamental Handball (Paperback)

By Bernath E Phillips

Createspace, United States, 2011. Paperback. Book Condition: New. Revised. 248 x 172 mm. Language: English . Brand New Book ***** Print on Demand *****.One can hardly expect to become a handball champion overnight by merely reading a book on handball although it is possible that you can considerably augment your ability with its guidance and serious application. In this instance, the source, which can be read in an hour or so, should first be covered carefully in order to become better acquainted with the game and with the philosophy of the would-be instructor. As the book is reviewed in subsequent lessons, students should stop frequently to ponder over their errors committed on the court; to act out new fundamentals as they are explained; to think through certain suggestions pertaining to strategy and to jot down a tentative routine for the next practice session. In short, the author would like to volunteer as the reader's instructor for the next few months. This current, revised edition includes material on the ever more popular One-Wall Handball. This has been done in Part VI but let it be advised that material pertaining to the four-wall game is as important to the one-wall player...



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