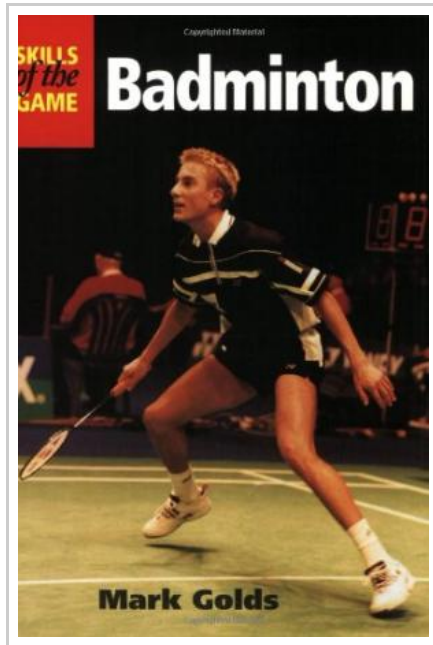




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Badminton (Paperback)

By Mark Golds

The Crowood Press Ltd, United Kingdom, 2002. Paperback.
Condition: New. Language: English . Brand New Book. This title describes a game of skill, deception and finesse that has rightly made it the world s most popular racket sport. Written for players wanting a better knowledge of the game as well as for coaches and teachers looking for new ideas, this book explains the game from the basics to advanced shots and game tactics. The book offers an overview of the game through to advice on match play and fitness programmes plus training practice exercises and idead for coaching juniors. The Skills of the Game series aims to provide in-depth instruction for players and coaches, written by leading names in the field.

Reviews

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