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Badminton Tips: Bite-Size Techniques To Boost Your Game



Synopsis

Badminton Tips: Bite-Size Techniques To Boost Your Game is a simple and easy-to-apply book in which you will discover ninety-six badminton tips and tricks you can immediately use to improve your game, in the shortest time possible. Inside you will discover... Exactly what racket to buy for a better game.Â Which strokes improve your game the fastestÂ How to strengthen your mental game so you play with confidence, courage, and control.Â How to serve, and what a 'net kill' is.Â How to hit a smash serveÂ How your grip could help you win more often.Â The top 5 footwork tips to stun your opponentÂ PLUS lots more bite-size tips to help you play better.

Book Information

File Size: 1074 KB

Print Length: 92 pages

Simultaneous Device Usage: Unlimited

Publisher: Back Pocket Books (August 17, 2011)

Publication Date: August 17, 2011

Sold by:Â Digital Services LLC

Language: English

ASIN: B005HW1T6A

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #2,276,444 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #17

inÂ Kindle Store > Kindle eBooks > Nonfiction > Sports > Racket Sports > Racquetball #51

inÂ Books > Sports & Outdoors > Racket Sports > Badminton #58 inÂ Books > Sports & Outdoors > Racket Sports > Racquetball

Customer Reviews

This book contained absolutely no content. If you eat right, watch instructional videos, practice, and figure out how to hit a backhand and a cross court drop shot (with no actual instructions on how to do any of these things), you will be a better player. I am completely disappointed that someone would publish this, and I am even more disappointed that I bought it. If I had been able to look this over at a bookstore, I would not have considered buying it. I guess this is the pitfall of ebooks.

The author talks about what you need to do to become a good badminton player in such general terms as to be totally worthless. I was looking for strategies about court positions, particularly the differences between playing doubles and singles. Also, how and when to hit different shots. He also tries to cover sports nutrition, hydration, and warm-ups, but still in such broad strokes as to tell the reader nothing. Big disappointment.

There is a book for beginners (Players). To basic with nothing new from a coaching point of view. 100% for a beginner.

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