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Netball

By Wilma Shakespear

Human Kinetics Publishers. Paperback. Condition: New. 216 pages. Dimensions: 10.9in. x 8.4in. x 0.5in. Master the key skills for on-court success. Netball: Steps to Success covers every aspect of the game, from individual playing skills to the fundamentals of team play. Netball: Steps to Success gives players a solid grounding in the game. By teaching correct footwork and the fundamental skills of catching, passing and shooting, it provides a solid platform from which to progress to competitive game play. These skills are practiced and honed through a series of drills that feature a scoring system designed to accelerate your progress. Once you master the basic skills, Netball: Steps to Success takes you on the court and prepares you for any situation. Detailed instruction, complemented by full-colour photographs and illustrations, will teach you the defensive and attacking strategies needed for winning play, whatever your playing level. Off-the-court preparation, including conditioning routines and warm-ups, will ensure you're at your best on game day. Whether you want to sharpen your existing skills or raise your playing level, Netball: Steps to Success, part of the best-selling Steps to Success Sports Series (over 1.5 million copies sold worldwide), has the answer. You can be confident...



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