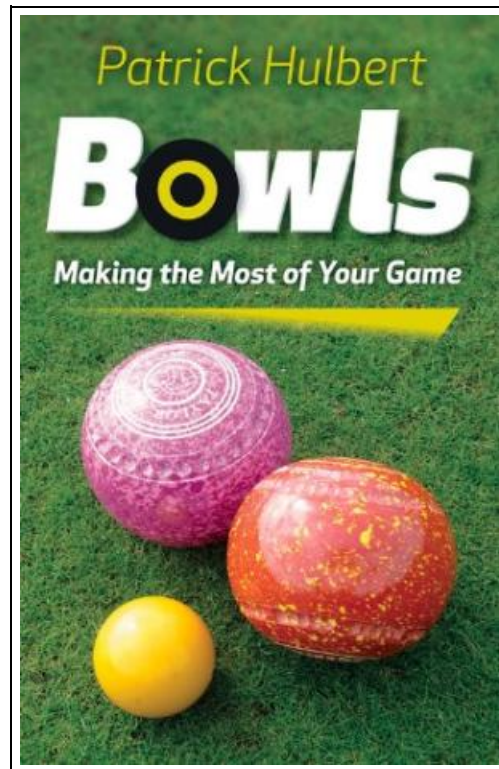


Bowls: Making the Most of Your Game (Paperback)



Filesize: 5.49 MB

Reviews

This book will never be easy to start on looking at but quite entertaining to read. It is actually packed with wisdom and knowledge It is extremely difficult to leave it before concluding, once you begin to read the book.
(Ms. Missouri Satterfield DVM)

BOWLS: MAKING THE MOST OF YOUR GAME (PAPERBACK)



The Crowood Press Ltd, United Kingdom, 2015. Paperback. Condition: New. Language: English . Brand New Book. Bowls: Making the Most of Your Game is a comprehensive one-stop-shop detailing the key technical, psychological, tactical and physical aspects of the sport of bowls, including effective teamwork strategies using new and up-to-date approaches. Fundamentally, bowls is brought into the twenty-first century! With tips and suggestions from some of the world's greatest players, the book delves in great depth into how psychology can play an integral role in your performance, as well as the traditionally important aspects - tactics and technique. From grip to positive talk on a rink, and from limb-loosening exercises to ways to beat your nemesis, Bowls will explore every aspect of your game. Packed with pointers to help you get the most out of yourself while still enjoying the convivial nature of the sport of bowls!.



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