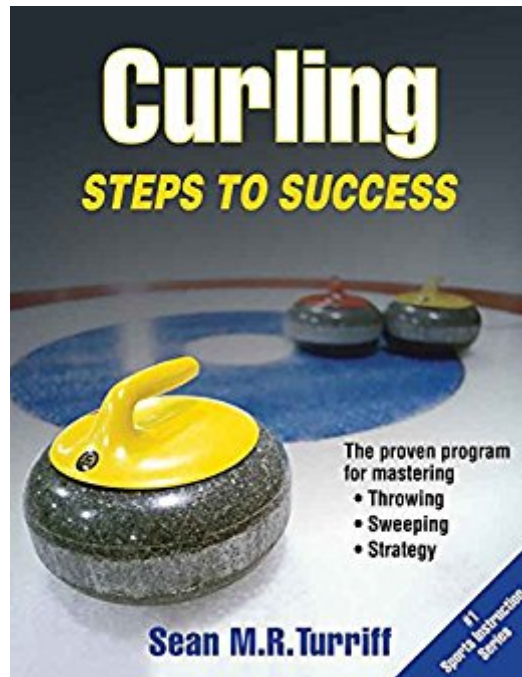




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Curling: Steps To Success (Steps To Success Activity Series)



Synopsis

Build a rock-solid set of foundational skills and knowledge and improve performance with Curling: Steps to Success. Internationally renowned coach Sean Turriff brings his extensive experience and expertise to Curling: Steps to Success, providing players and coaches with a practical, step-by-step format that develops and improves curlers' fundamental skill level and decision making. Supplemented by more than 90 photos and illustrations, the book covers essential curling skills such as throws, brushing, delivery, basic shots, and ice reading. Included are detailed explanations of the roles and responsibilities of each team member as well as practical check points for gauging players' mastery of skills and determining when to progress to more complex tactics and game strategies. Whether you are just beginning or have experience on the sheet, the book's detailed photo sequences, expert instruction, and developmental drills will have you targeting the rock accurately and consistently in no time. Part of the popular Steps to Success series, which has sold more than two million copies worldwide, Curling: Steps to Success is your guide to on-the-sheet success.

Book Information

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