

DID YOU KNOW

(Torbert, Secrets to Success in Sport & Play, Prentice Hall 1982.)

- *No one is destined to be unskilled.*
- *Understanding the keys to the mechanics of sport and play can greatly increase; at the same time it can reduce the time normally required to improve your skills.*
- *All individuals can improve their balance. By increasing your balance not only your agility but also your power and accuracy will improve.*
- *Knowledge of spins can increase your score in many sports, including basketball, golf and soccer.*
- *Understanding some of the basic mechanics of movement could help you begin to become an outstanding coach or player.*