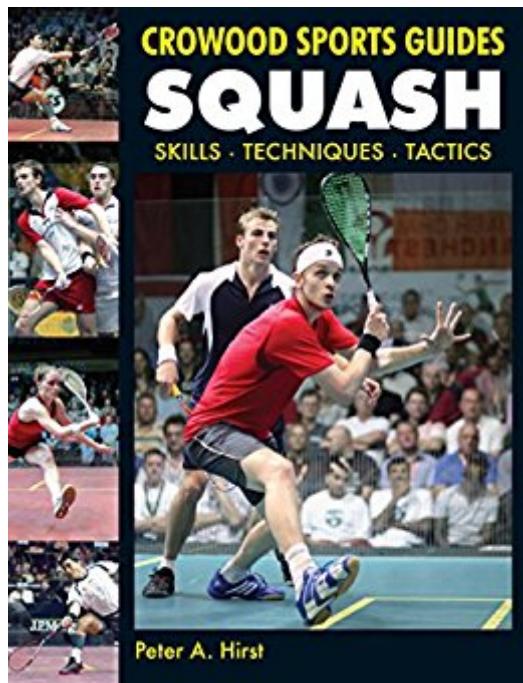


The book was found

Squash: Skills- Techniques- Tactics (Crowood Sports Guides)



Synopsis

Crowood Sports Guides provide sound, practical advice that will make you a better sportsperson, whether you are learning the basic skills, discovering more advanced techniques or reviewing the fundamentals of your game. Contents include: information boxes containing 'Top Tips' aimed at all levels of ability; the history and rules of the sport, how to get started and the equipment you need; techniques, skills and tactics; practical advice about how to practice, plan, refine your strokes and develop your game; training, fitness, injury prevention and mental toughness; colour action images, sequence photographs of the strokes and helpful diagrams; a useful glossary and list of addresses. Superbly illustrated with 137 colour sequence photographs and 13 diagrams.

Book Information

File Size: 19764 KB

Print Length: 128 pages

Publisher: Crowood (June 30, 2014)

Publication Date: June 30, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00KEW8H8Q

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #984,172 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #18 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Racket Sports > Squash #33 in Books > Sports & Outdoors > Racket Sports > Squash #1418 in Books > Sports & Outdoors > Miscellaneous > Reference

Customer Reviews

My Technique is better know! great book!

Book is more for advance players. Wouldn't recommend for new players. Still a pretty good book if you like squash.

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