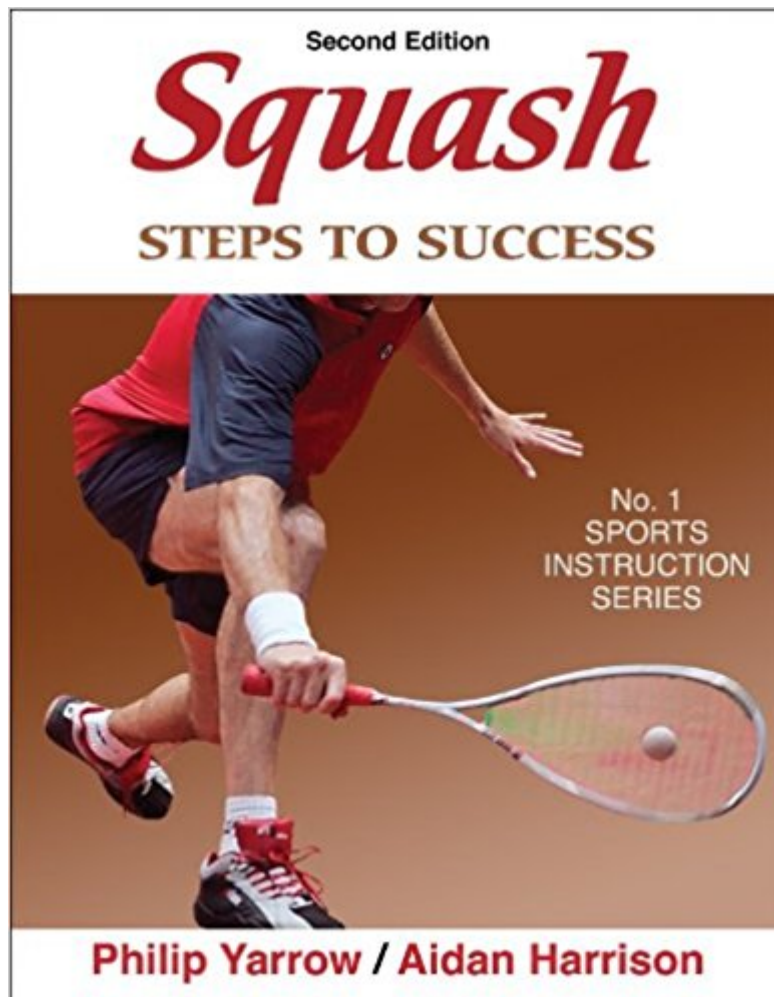


The book was found

# Squash: Steps To Success - 2nd Edition (Steps To Success Activity Series)



## Synopsis

Learn the fundamentals and enjoy competing in this fast-paced tactical game. Whether you already play squash or are just starting out, *Squash: Steps to Success* will teach you the skills and strategies you need in order to play and win. With 13 progressive instructional steps, you'll learn all aspects of the game. Detailed descriptions, illustrations, and photo sequences demonstrate essential on-the-court movement, volleys, serves, returns, and drop shots. Then practice and improve techniques with 93 drills, each featuring a personal scoring system to gauge and accelerate your progress. After you master the individual skills, *Squash: Steps to Success* will show you how to apply them in match situations. From disguise and deception to attacking and defensive strategies, you'll learn to maximize your strengths and dominate the court. Become a complete player on the court. As part of the popular Steps to Success Sports Seriesâ" with more than 1.5 million copies sold worldwideâ" *Squash: Steps to Success* will elevate your performance to new heights in all facets of the sport. v

## Book Information

Series: Steps to Success Activity Series

Paperback: 200 pages

Publisher: Human Kinetics; 2 edition (September 30, 2009)

Language: English

ISBN-10: 0736080015

ISBN-13: 978-0736080019

Product Dimensions: 0.5 x 8 x 11 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 starsÂ"Â" See all reviewsÂ" (19 customer reviews)

Best Sellers Rank: #674,689 in Books (See Top 100 in Books) #13 inÂ" Books > Sports & Outdoors > Racket Sports > Squash #78584 inÂ" Books > Health, Fitness & Dieting

## Customer Reviews

Within 30 pages, this book had made me aware of 2/3 basic problems with my game and given me an insight into how to solve them as well. Each chapter becomes a building block for successive chapters, allowing you to correct basic faults before trying any advanced techniques. At the end of every (all that I've read) chapter there is a table that lists Common errors found within the area being improved and methods to correct them - I FOUND THIS INVALUABLE! If I had to find fault, then I wish there were more pictures/drawings to explain the techniques and drills covered.

However this won't detract much from my enjoyment of the book! If you play squash for fun or are a little more serious, this book will have something to help you improve. I only hope the practice goes as well as the theory!!

I bought this book with my first squash racquet, and found it invaluable in learning the game. Each chapter builds upon the last, giving the impression that when you finish the book you won't need it anymore. However, it is a great resource to refer back to when having trouble with the technique of a particular shot. The author could have provided more drills in each section, but then again, there are other books that are dedicated to drills and improving your game. . .this book's focus is on teaching the beginner.

Both beginners and more advanced players should be able to get a lot out of this quality reference work as it offers detailed (yet practical) text, illustrations and diagrams covering all aspects of the game. The book is considered by most experts in the sport to be among the top two or three instructionals ever published on Squash. It won't make you a championship quality player, but it should help your game no matter what skill level you are currently at.

I found the drills in this book to be very helpful in improving my game. It is an excellent resource for beginners/intermediate players. The drills are very good for improving accuracy. For those of you willing to improve their game this book is an excellent buy.

This book is another example of an excellent book that is not properly formatted for the Kindle. The basis structure and coaching ideas of the book are excellent; but the diagrams (very important for understanding tactics and drills) are nearly impossible to read on my Kindle Paperwhite. In addition, I found a few areas of "mangled text" where the author or his proof reader did not check the Kindle version carefully during the conversion process (to Kindle format). Basically, this is a great self-coaching book for squash players with so much great theory, tactics and drills; and there is no doubt that following this book will take beginners and immediate players to a higher level of squash play. I assume the paperback version is a "five star" book for squash players; but I had to return the Kindle version because the diagrams were nearly unreadable; so the value of the book was "low" for a Kindle reader. It would be great if authors could insure their Kindle books are of high quality, instead of just creating a Kindle book from their original paper manuscript without looking at the readability of the diagrams and illustrations.

I bought this book to look at the drills and the workouts one needs to do to improve the oncourt acceleration, endurance and stamina. This books have lot of drills which one can do to improve his or her game. Lot of strokes can be practised by oneself but there are a lot of drills that the book describes which need the help of a partner, which are very good for ball control like playing a game where both partners hit the ball to the back of the court and point is scored if the person hits short of the mid court line. etc., etc.,In other words this is an excellent for all beginners/ intermediate players.

The Drills listed are quite good. I wish there was a way to remember them while you are on the court. It feels a bit goofy to carry the book to a game! I think a DVD accompanying the book would be really nice. Most of the exercises / techniques are in-motion & seeing them on a video would be perfect. Otherwise, good coverage from basics to advanced training & tactics. A minor thing to note was that most of the illustrations use left-handed players to show the techniques. Can be a minor annoyance as I had to adjust my perspective to a right-handed player.

The material is quite old and the game has evolved so much that the part of the book that I have read is obsolete. E.g., they don't mention either the split or the backfoot slide (2 things that are so essential for your movement).

[Download to continue reading...](#)

Squash: Steps to Success - 2nd Edition (Steps to Success Activity Series) Volleyball: Steps to Success (Steps to Success Activity Series) Racquetball: Steps to Success (Steps to Success Activity Series) Fencing: Steps to Success (Steps to Success Activity) Field Hockey: Steps to Success - 2nd Edition (Steps to Success Sports Series) Raising Big Smiling Squash Kids: The Complete Roadmap For Junior Squash The Ultimate Guide to Weight Training for Racquetball & Squash (Ultimate Guide to Weight Training: Racquetball & Squash) Squash Basics - How To Play Squash Squash For Beginners: Squash Basics How to Referee Squash: Squash: how to mark and referee Squash: The First Steps To Success Racquetball: Steps to Success (Steps to Success Sports Series) Ramadan and Fasting Activity Book (Discover Islam Sticker Activity Books) Amazing Minecraft Math: Cool Math Activity Book for Minecrafters (Minecraft Activity Books) (Volume 1) Minecraft Labyrinth : Math Activity Book and Coloring Book For Kids : Unique Labyrinths, Geometric Labyrinths and Math Labyrinths: (Unofficial ... (Unique Activity Book) (Volume 2) Occupation-Based Activity Analysis (Thomas, Occupation-Based Activity Analysis) Archery-4th Edition: Steps to Success: II (Steps to Success Sports) Archery 4th Edition: Steps to Success (Steps to Success

Sports) Planet Health - 2nd Edition: An Interdisciplinary Curriculum for Teaching Middle School  
Nutrition and Physical Activity Inclusive Physical Activity-2nd Edition

[Dmca](#)