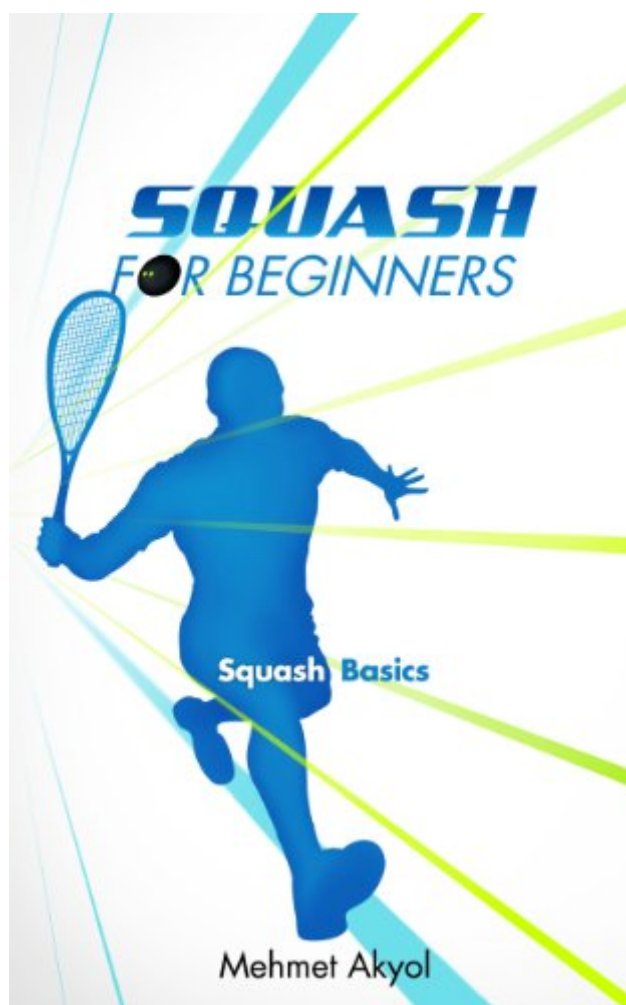


The book was found

Squash For Beginners: Squash Basics



Synopsis

"Squash is a popular racquet sport, which is played in an indoor court. This sport has evolved in isolation from its counterparts, which share some inherent similarities to sports like racquetball. The primary objective of this sport, both in the singles and the doubles form of the game, is to strike the ball, with a racquet, off the walled court. The shot must be played in such a way that the ball bounces off the floor exactly twice before it reaches the other player for a shot."Above you read the first sentences of Squash For Beginners. Squash For Beginners is a kindle book for those who want to learn the basics of squash.It covers a lot of basic topics including rules of the squash to tips on how to play better.Download & Try it!Do not forget to leave your comments below as well, so that together we can make it better.

Table of Contents:

Chapter-1: Introduction

Chapter-2: Playing Equipment and Clothing

2.1 Squash Balls

2.1.1 Pro (Double Yellow Dot)

2.1.2 Competition (Single Yellow Dot)

2.1.3 Progress

2.1.4 Max

2.2 Squash Racquet

2.2.1 Technical Considerations

2.2.2 Miscellaneous Factors

2.2.3 Racquet Restrunging

2.3 Eye Wear

2.4 Clothing

Chapter-3: Rules of the Game

3.1 Singles Rules

3.1.1 The Scoring

3.1.2 Warm up

3.1.3 Service

3.1.4 Return

3.1.5 Rallies

3.1.6 Hitting Opponent with Ball

3.1.7 Turning

3.1.8 Further Attempts

3.1.9 Interference

3.1.10 LET

3.1.11 Continuity of Play

3.1.12 Injury or Illness

3.1.13 Code of Conduct

3.2 Doubles Rules

3.2.1 The Scoring

3.2.2 Warm Up

3.2.3 Service

3.2.4 Return

3.2.5 Rallies

3.2.6 Hitting Opponent with Ball

3.2.7 Turning

3.2.8 Further Attempts

3.2.9 Interference

3.2.10 LET

3.2.11 Continuity of Play

3.2.12 Injury or Illness

3.2.13 Code of Conduct

Chapter-4: Playing the Game

4.1. Basic Strokes

4.2. Service

4.3. Ground Strokes

4.3.1. Hard Low Shot

4.3.2. Drop Shot

4.3.3. Angle Shot

4.3.4. Good Length Shot

4.3.5. Side Wall Shot

4.3.6. Nick

4.3.7. Lob

4.4. Volley and Half Volley

4.5. Miscellaneous Strokes

Chapter-5: Tactics and Strategies

5.1 Choosing the Right Stroke

5.2 Positioning

5.3 Strategy or Match Play

Chapter-6: Tips and Tricks

Chapter-7: Training

7.1 Biomechanical Evaluation

7.2 Flexibility

7.3 Core Training

7.4 Strength and Power Training

7.5 Endurance training

7.6 Nutrition

7.7 Recovery between multiple games

7.8 Rest

Squash Glossary

References

Book Information

File Size: 1050 KB

Print Length: 47 pages

Publisher: MAA; 1.2 edition (November 10, 2012)

Publication Date: November 10, 2012

Sold by:Â Digital Services LLC

Language: English

ASIN: B00A5X9ZHG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,765,627 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #25

inÂ Kindle Store > Kindle eBooks > Nonfiction > Sports > Racket Sports > Squash #57 inÂ Books
> Sports & Outdoors > Racket Sports > Squash #1918 inÂ Kindle Store > Kindle Short Reads > 90
minutes (44-64 pages) > Sports & Outdoors

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

Squash For Beginners: Squash Basics Squash Basics - How To Play Squash Reiki: The Ultimate
Guide to Mastering Reiki for Beginners in 30 minutes or Less! (Reiki - Reiki Healing - Reiki For
Beginners - Yoga for Beginners - Meditation ... Beginners - Kundalini For Beginners - Zen) 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) How
to Referee Squash: Squash: how to mark and referee Blogging for Beginners: Learn How to Start
and Maintain a Successful Blog the Simple Way - BLOGGING for BEGINNERS/BLOGGING:
Blogging for Beginners (Computers ... Design, Blogging, WordPress for Beginners) Javascript: A
Pocket Key to JavaScript for beginners (JavaScript Programming, JavaScript Beginners, JavaScript
for web developers, JavaScript Beginners Guide, Java Programming for Beginners) Permaculture
Gardening For Beginners: The Ultimate Practical Guide To Permaculture Gardening And
Permaculture Design (Gardening For Beginners, Basics Of Gardening) Evernote Essentials: The
Basics of the Most Popular Notebook App for Beginners with pics examples:(101 evernote app,
evernote, evernote essentials, evernote for beginners, evernote mastery) Pokemon Go For
Beginners: Guide,Tips,Tricks(Pokemon Go Guide,Ultimate Guide for Beginners,Pokemon Go for
newbies,Hints,secret,Pokemon Basics,Pokemon Go FAQ,Pokemon Go for Dummies) BUDDHISM:
for Beginners! From Dummies to Expert. Beginners Guide for Learning the Basics of Buddhism
(Zen, Meditation, Dalai Lama, Yoga, Buddha, Dharma, Happiness) The Basics of Hacking and
Penetration Testing: Ethical Hacking and Penetration Testing Made Easy (Syngress Basics Series)
Back to Basics: A Complete Guide to Traditional Skills (Back to Basics Guides) Biscuit Joiner
Basics (Basics Series) Router Basics (Basics Series) Scroll Saw Basics (Basics Series) Radial Arm
Saw Basics (Basics Series) Sharpening Basics (Basics Series) Bridge Basics 1: An Introduction

(The Official Better Bridge Series) Bridge Basics 1

[Dmca](#)