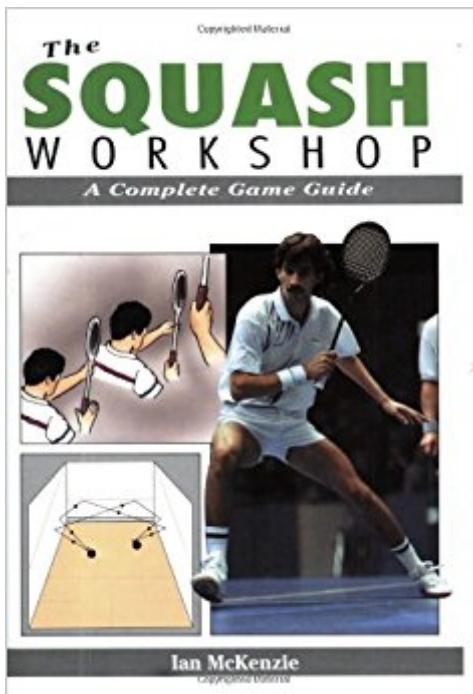


The book was found

The Squash Workshop: A Complete Game Guide



Synopsis

This is a comprehensive, practical manual for players, teachers, coaches, and officials at every level of the game. With step-by-step instruction, illustrated by sequence photographs and detailed color diagrams, the book includes techniques for each shot in the game, with solo and pairs practices; color photographs of the top players; details on rules and equipment; tactics, fitness, and mental approach; and aspects of coaching, refereeing, and marking.

Book Information

Series: Complete Game Guide

Paperback: 272 pages

Publisher: Crowood Press (August 1, 1993)

Language: English

ISBN-10: 1852237287

ISBN-13: 978-1852237288

Product Dimensions: 6.7 x 0.6 x 9.3 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars Â See all reviews Â (4 customer reviews)

Best Sellers Rank: #1,143,264 in Books (See Top 100 in Books) #22 in Â Books > Sports & Outdoors > Racket Sports > Squash

Customer Reviews

This is one of the best squash books I've ever read. It shows you the basics of the game, the movements, how to start your training, and much more, including deception. At the end of the book there is a plan for serious players who want to participate in high end tournaments, this part is deeply detailed, it gives to you training days, rest days, how many tournaments you should play to be prepared. The only thing is that the photographs are not of current squash players, many of them are real giants of previous ages, like Jahangir and Jansher Khan. Recommendable.

This is a great step by step guide with checklists and workshops. Very easy to follow, and everything builds up nicely. I'd buy it again.

It wasn't particularly useful for me, but I think it's a good book for beginners. Can't help but to comment on the "ancient" photos :P

Well done Ian McKenzie. This is a grat book. I send my best personal regards

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

The Squash Workshop: A Complete Game Guide Electric Motors in the Home Workshop: A Practical Guide to Methods of Utilizing Readily Available Electric Motors in Typical Small Workshop Applications (Workshop Practice 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 The Game of Squash: 5 Easy Ways to Improve Your Game and Win More Matches Squash: Skills of the Game Squash (Ahead of the Game) The Ultimate Guide to Weight Training for Racquetball and Squash (The Ultimate Guide to Weight Training for Sports, 18) (The Ultimate Guide to Weight Guide to Weight Training for Sports, 18) The Complete Strength Training Workout Program for Squash: Add more power, speed, agility, and stamina through strength training and proper nutrition Game Of Thrones: 10 Most Memorable moments from Game of thrones & 23 Facts about GOT you should Know, 26 Jokes only people who've finished GOT Season 5 Will understand (Game of Thrones Secrets) 101 Wild Game Recipes - Large Game: Large Game (The Hunter's Cookbook Book 3) Pokemon Go: THE COMPLETE GUIDE for all of the tips, tricks, hacks, strategies and much needed game information! (Pokemon Go Game, iOS, Android, Tips, Tricks, Secrets, Hints) The Ultimate Guide to Squash Nutrition: Maximize Your Potential Popular Mechanics Workshop: Miter Saw Fundamentals: The Complete Guide Popular Mechanics Workshop: Scroll Saw Fundamentals: The Complete Guide Popular Mechanics Workshop: Table Saw Fundamentals: The Complete Guide Popular Mechanics Workshop: Lathe Fundamentals: The Complete Guide

[Dmca](#)