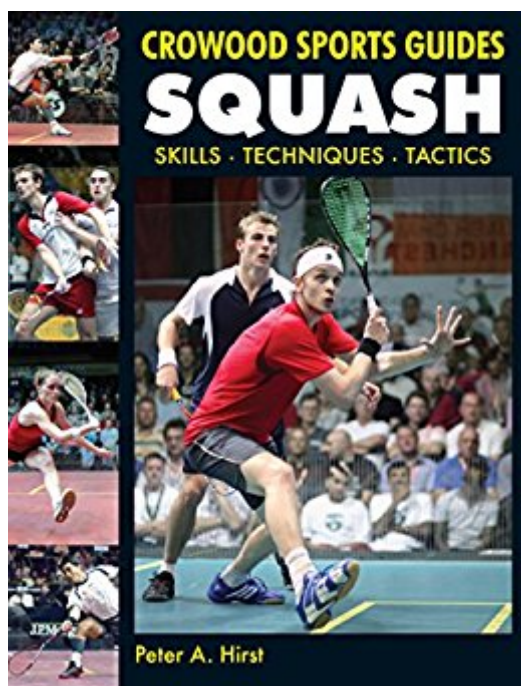


The book was found

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:Â 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

inÂ Kindle Store > Kindle eBooks > Nonfiction > Sports > Racket Sports > Squash #33 inÂ Books

> Sports & Outdoors > Racket Sports > Squash #1418 inÂ 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.

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

Squash: Skills- Techniques- Tactics (Crowood Sports Guides) Squash: Technique, Tactics, Training (Crowood Sports Guides) Hockey: Skills. Techniques. Tactics (Crowood Sports Guides) Tennis: Skills - Tactics - Techniques (Crowood Sports Guides) BOWLS: Skills, Techniques, Tactics (Crowood Sports Guides) Fencing: Skills, Tactics, Training (Crowood Sports Guides) Badminton: Technique, Tactics, Training (Crowood Sports Guides) Badminton (Crowood Sports Guides) 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) Sports Illustrated Squash (Sports Illustrated Library) 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 CAD for the Workshop (Crowood Metalworking Guides) CNC Milling in the Workshop (Crowood Metalworking Guides) Everyday Charisma: Techniques for Mass Appeal, Charm, and Becoming a Social Powerhouse (Social Skills, Communication Skills, People Skills Mastery) Survival: Survival Guide: Survival Skills, Survival Tools, & Survival Tactics. Emergency Prepping, & Surviving A Disaster! (First Aid, Survival Skills, Emergency ... Medicine, Bushcraft, Home Defense Book 1) Conversation Skills: Tactics to Improve Your Conversation and Small Talk Skills for Better Social, Business and Relationship Communication (Communication Skill Training)

[Dmca](#)