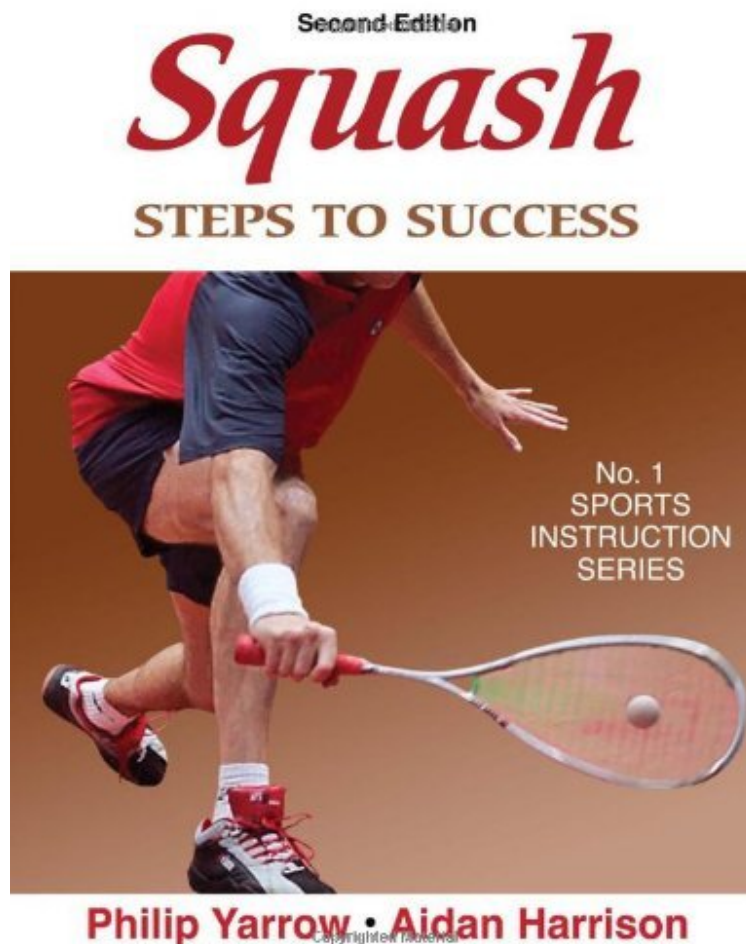


[Read free] Squash: Steps to Success - 2nd Edition (Steps to Success Activity Series)

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

Von Philip Yarrow

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Von Philip Yarrow : Squash: Steps to Success - 2nd Edition (Steps to Success Activity Series) before purchasing it in order to gage whether or not it would be worth my time, and all praised Squash: Steps to Success - 2nd Edition (Steps to Success Activity Series):

KundenrezensionenHilfreichste Kundenrezensionen2 von 2 Kunden fanden die folgende Rezension hilfreich. Great Read, Well Structured, Worth Every Penny !!Von Ein KundeWithin 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!!

0 von 0 Kunden fanden die folgende Rezension hilfreich. a great tool for beginners

Von ValI 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.

Kurzbeschreibung 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 Series*--with more than 1.5 million copies sold worldwide--*Squash: Steps to Success* will elevate your performance to new heights in all facets of the sport.

Pressestimmen "I am very impressed with this book. Each step finishes well-one is left feeling capable with the data provided. It is comprehensive... and very reader-friendly." Craig Brand
Executive Director US Squash Racquets Association "Phil Yarrow's *Squash: Steps to Success* is the quintessential resource for the beginner squash player. Yarrow teaches the techniques of the game and makes them memorable by demonstrating how the basics apply to game conditions." Tom Jones
Publisher
Squash News
Kurzbeschreibung 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 Series*--with more than 1.5 million copies sold worldwide--*Squash: Steps to Success* will elevate your performance to new heights in all facets of the sport.