

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

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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

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