

The book was found

Squash: The First Steps To Success



Synopsis

You can receive the e-book for free @ <http://squashtip.blogspot.it/p/one-to-one-coachig.html> The Definitive Introduction to Squash. This is a simple and straightforward e-book that will teach you all the basics you need to master in order to become a great squash player. For every topic there are some links to videos to further enhance your learning. For every topic some exercises are explained in order to actually learn the skills. The book is divided in 7 sections, each cover a fundamental of squash: 1-Squash Rules and How to Serve 2-Choosing and Holding a Racket 3-The Fundamentals of the Swing 4-The basic Shots of squash and how your body influences the shots you make 5-How to move on court to gain a tremendous advantage 6-The Tactics of squash that will bring you power on court 7-Goal setting exercise to make a firm commitment to improve in squash. About the Author: Hey! I'm Alessandro Valerani and I wrote this e-book to give you all the fundamentals I teach to my students in order to take them from not even being able to hold the racket to actually being able to play a decent squash game. I've been playing squash every day for the last 2 years and I'm committed to constantly step-up my squash, I've been playing for 8 years and teaching for 4 years to hundreds of students. I manage and edit weekly the website: [Squashtip.blogspot.com](http://squashtip.blogspot.com) come check it out to receive free knowledge. You can find my videos on youtube, just search for Alessandro Valerani. If you like what you have read and you'd love to receive weekly tips you can join my newsletter @ <http://squashtip.blogspot.it/p/one-to-one-coachig.html>

Book Information

File Size: 203 KB

Print Length: 25 pages

Publisher: Alessandro Valerani; Mobi 1.0 edition (August 5, 2013)

Publication Date: August 5, 2013

Sold by: Â Digital Services LLC

Language: English

ASIN: B00ECZGG48

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #848,098 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #15

inÂ Kindle Store > Kindle eBooks > Nonfiction > Sports > Racket Sports > Squash #28 inÂ Books
> Sports & Outdoors > Racket Sports > Squash #304 inÂ Kindle Store > Kindle eBooks >
Nonfiction > Sports > Miscellaneous > Sports Psychology

Customer Reviews

Very concise but straight to the point - also benefits from video tutorials for each section. A good read for any new players to squash wanting to take their game to the next level.

Best intro to squash on the internet! Fresh, liberating and very helpful to get a deeper understanding of the fundamentals! A total must for developing your game faster as a medium player. Explained by someone that is not repeating the old dodgy truths, but knows and sees the connection in why and how things work, and explains it brilliantly simple. Top inspiring! Hurray!

Generous. Smart. Concise. Comprehensive.

Think the author spent time thinking about what a beginner would need to know. His explanations are very clear and memorable...such as hugging yourself to prepare for the backhand. Having played this game 30 years ago regularly and now coming back to it, I would recommend this ebook as a first reading before going to Mike Way's or others' videos that give the next level.

Very poor as can not watch videos as no plug ins for kindle fire. Not worth the money every poorHi
alessandro email is williamphillips2564@gmail.com for link to video as did not recieve it with e
bookThe author of book went out of his way to fix any of the problems that I encountered with book
thank you alessandro

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

Squash: Steps to Success - 2nd Edition (Steps to Success Activity Series) Squash: The First Steps
To Success Field Hockey: Steps to Success - 2nd Edition (Steps to Success Sports Series)
Archery-4th Edition: Steps to Success: II (Steps to Success Sports) Archery 4th Edition: Steps to
Success (Steps to Success Sports) Fencing: Steps to Success (Steps to Success Activity)
Volleyball: Steps to Success (Steps to Success Activity Series) Racquetball: Steps to Success
(Steps to Success Sports Series) Racquetball: Steps to Success (Steps to Success Activity 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 Success Principles: Beast Mode Mindset of Success: Learn the top secrets that will rocket you to success in any area rapidly The Dukan Diet: 2 Steps to Lose the Weight, 2 Steps to Keep It Off Forever Twelve Jewish Steps to Recovery 2/E: A Personal Guide to Turning From Alcoholism and Other Addictions_Drugs, Food, Gambling, Sex... (The Jewish Lights Twelve Steps Series) 5 Steps to a 5 AP English Literature 2016 (5 Steps to a 5 on the Advanced Placement Examinations Series) Psychic Development: 3 Easy Steps To Developing Your Intuition (3 Easy Steps Psychic Series) Steps on the Path to Enlightenment, Karma: Steps on the Path to Enlightenment: A Commentary on Tsongkhapa's Lamrim Chenmo, Volume 2: Karma (Vol.2)

[Dmca](#)