The book was found

Squash For Beginners: Squash Basics





Synopsis

"Squash is a popular racquet sport, which is played in an indoor court. This sport has evolved in isolation from its counterparts, which share some inherent similarities to sports like racquetball. The primary objective of this sport, both in the singles and the doubles form of the game, is to strike the ball, with a racquet, off the walled court. The shot must be played in such a way that the ball bounces off the floor exactly twice before it reaches the other player for a shot." Above you read the first sentences of Squash For Beginners. Squash For Beginners is a kindle book for those who want to learn the basics of squash. It covers a lot of basic topics including rules of the squash to tips on how to play better. Download & Try it! Do not forget to leave your comments below as well, so that together we can make it better. Table of Contents: Chapter-1: IntroductionChapter-2: Playing Equipment and Clothing2.1 Squash Balls2.1.1 Pro (Double Yellow Dot)2.1.2 Competition (Single Yellow Dot)2.1.3 Progress2.1.4 Max2.2 Squash Racquet2.2.1 Technical Considerations2.2.2 Miscellaneous Factors 2.2.3 Racquet Restringing 2.3 Eye Wear 2.4 Clothing Chapter -3: Rules of the Game3.1 Singles Rules3.1.1 The Scoring3.1.2 Warm up3.1.3 Service3.1.4 Return3.1.5 Rallies3.1.6 Hitting Opponent with Ball3.1.7 Turning3.1.8 Further Attempts3.1.9 Interference3.1.10 LET3.1.11 Continuity of Play3.1.12 Injury or Illness3.1.13 Code of Conduct3.2 Doubles Rules3.2.1 The Scoring3.2.2 Warm Up3.2.3 Service3.2.4 Return3.2.5 Rallies3.2.6 Hitting Opponent with Ball3.2.7 Turning3.2.8 Further Attempts3.2.9 Interference3.2.10 LET3.2.11 Continuity of Play3.2.12 Injury or Illness3.2.13 Code of ConductChapter-4: Playing the Game4.1. Basic Strokes 4.2. Service4.3. Ground Strokes4.3.1. Hard Low Shot4.3.2. Drop Shot4.3.3. Angle Shot4.3.4. Good Length Shot4.3.5. Side Wall Shot4.3.6. Nick4.3.7. Lob4.4. Volley and Half Volley4.5. Miscellaneous StrokesChapter-5: Tactics and Strategies5.1 Choosing the Right Stroke5.2 Positioning5.3 Strategy or Match PlayChapter-6: Tips and TricksChapter-7: Training7.1 Biomechanical Evaluation7.2 Flexibility7.3 Core Training7.4 Strength and Power Training7.5 Endurance training7.6 Nutrition7.7 Recovery between multiple games 7.8 RestSquash GlossaryReferences

Book Information

File Size: 1050 KB Print Length: 47 pages Publisher: MAA; 1.2 edition (November 10, 2012) Publication Date: November 10, 2012 Sold by:Â Digital Services LLC Language: English ASIN: B00A5X9ZHG Text-to-Speech: Enabled X-Ray: Not Enabled Word Wise: Enabled Lending: Not Enabled Enhanced Typesetting: Enabled Best Sellers Rank: #1,765,627 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #25 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Racket Sports > Squash #57 in Books > Sports & Outdoors > Racket Sports > Squash #1918 in Kindle Store > Kindle Short Reads > 90 minutes (44-64 pages) > Sports & Outdoors

Download to continue reading...

Squash For Beginners: Squash Basics Squash Basics - How To Play Squash Reiki: The Ultimate Guide to Mastering Reiki for Beginners in 30 minutes or Less! (Reiki - Reiki Healing - Reiki For Beginners - Yoga for Beginners - Meditation ... Beginners - Kundalini For Beginners - Zen) 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) How to Referee Squash: Squash: how to mark and referee Blogging for Beginners: Learn How to Start and Maintain a Successful Blog the Simple Way - BLOGGING for BEGINNERS/BLOGGING: Blogging for Beginners (Computers ... Design, Blogging, WordPress for Beginners) Javascript: A Pocket Key to JavaScript for beginners (JavaScript Programming, JavaScript Beginners, JavaScript for web developers, JavaScript Beginners Guide, Java Programming for Beginners) Permaculture Gardening For Beginners: The Ultimate Practical Guide To Permaculture Gardening And Permaculture Design (Gardening For Beginners, Basics Of Gardening) Evernote Essentials: The Basics of the Most Popular Notebook App for Beginners with pics examples: (101 evernote app, evernote, evernote essentials, evernote for beginners, evernote mastery) Pokemon Go For Beginners: Guide, Tips, Tricks (Pokemon Go Guide, Ultimate Guide for Beginners, Pokemon Go for newbies, Hints, secret, Pokemon Basics, Pokemon Go FAQ, Pokemon Go for Dummies) BUDDHISM: for Beginners! From Dummies to Expert. Beginners Guide for Learning the Basics of Buddhism (Zen, Meditation, Dalai Lama, Yoga, Buddha, Dharma, Happiness) The Basics of Hacking and Penetration Testing: Ethical Hacking and Penetration Testing Made Easy (Syngress Basics Series) Back to Basics: A Complete Guide to Traditional Skills (Back to Basics Guides) Biscuit Joiner Basics (Basics Series) Router Basics (Basics Series) Scroll Saw Basics (Basics Series) Radial Arm Saw Basics (Basics Series) Sharpening Basics (Basics Series) Bridge Basics 1: An Introduction

(The Official Better Bridge Series) Bridge Basics 1

<u>Dmca</u>