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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 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

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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

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