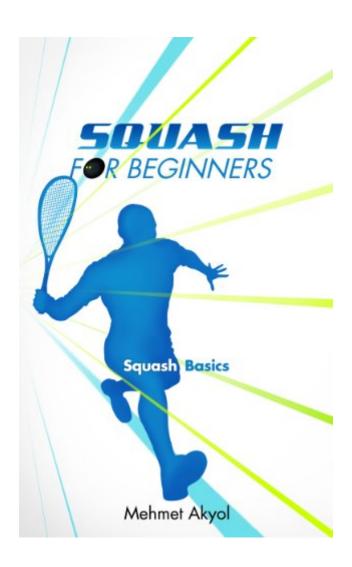
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Squash For Beginners: Squash Basics





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: Introduction Chapter-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 Strokes 4.3.1. Hard Low Shot 4.3.2. Drop Shot 4.3.3. Angle Shot 4.3.4. 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

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