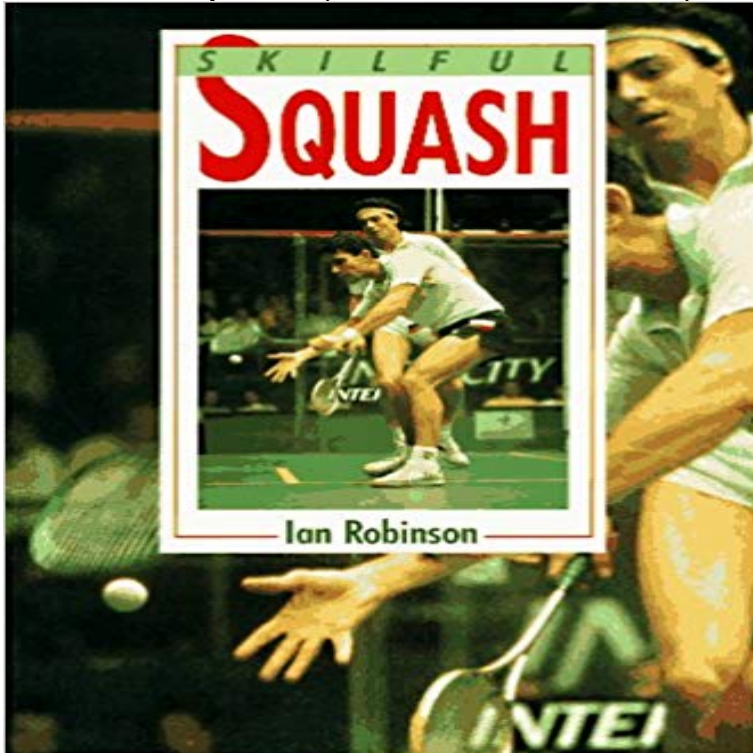


Skillful Squash (The Skilful Series)



This is a guide for those players who already have a basic understanding of the game. It covers advice on equipment, fitness-training, tactics, safety and rules and gives expert instructions in techniques ranging from the basic drives to the drop shot and the corkscrew service. There is also information on practices for individuals, pairs and larger groups and suggested strategy and psychology for matches. It is aimed at everyone from the recreational player wanting to keep fit in a fun way to the serious enthusiast with his or her eye on the professional circuit.

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