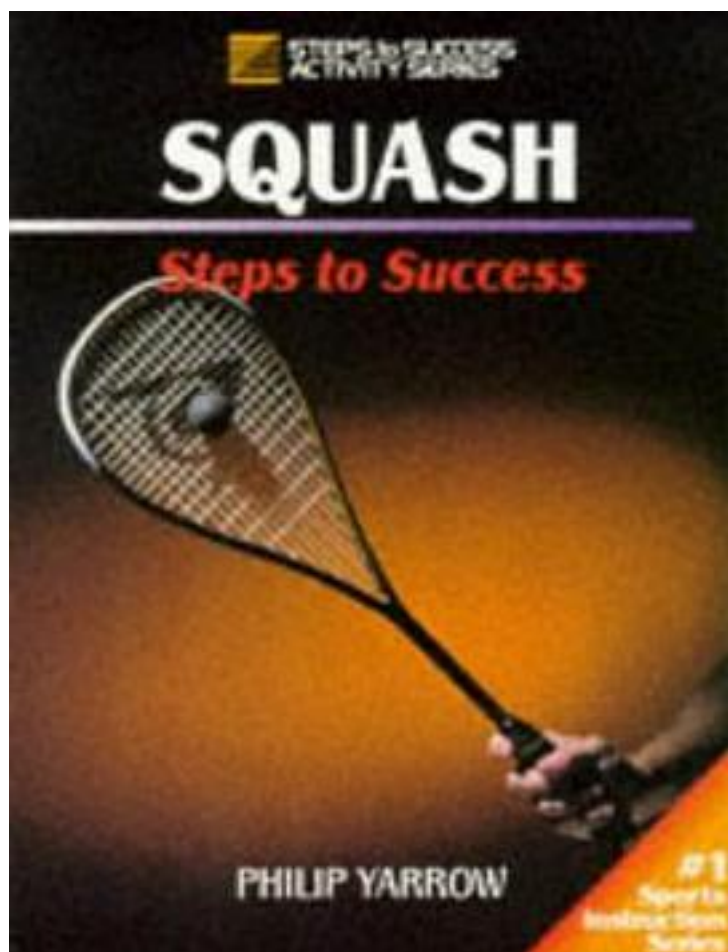


# Squash



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著者:Philip Yarrow

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Learn the fundamentals and enjoy competing in this fast-paced tactical game. Whether you already play the game, or are just starting out, Squash: Steps to Success will teach you the skills and strategies you need to play and win.

In 12 progressive learning steps, you'll find 82 fun and challenging drills and more than 140 illustrations that will help you master each skill and advance at your own pace. Author Phil Yarrow is a two-time U.S. National Champion and a teaching professional. With Phil as your coach, you'll learn fundamentals and court movement skills, specific strokes for each game situation, and key strategies.

Part of the highly popular Steps to Success Series, this book will help you become a skillful, smart, and confident squash player.

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