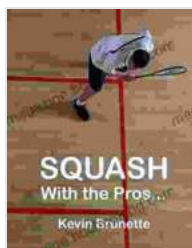


Squash With The Pros: Elevate Your Game with Kevin Brunette

Are you eager to take your squash game to the next level? Look no further than "Squash With The Pros: Kevin Brunette," a comprehensive guide authored by one of the most accomplished squash players of all time. With this groundbreaking book, you'll gain unparalleled insights into the techniques, strategies, and mindset that have propelled Kevin to the pinnacle of squash.

Kevin Brunette, the author of "Squash With The Pros," is a Canadian icon in the world of squash. As a former world number one and multiple national champion, he has left an indelible mark on the sport. Kevin's exceptional understanding of the game, combined with his passion for teaching, make him the ideal guide for aspiring squash players.

"Squash With The Pros" delves deep into every aspect of the game, providing a holistic approach to squash improvement. From fundamental footwork to advanced shot-making techniques, Kevin shares his wealth of knowledge with meticulous precision.



SQUASH: With the Pros... by Kevin Brunette

★★★★☆ 4 out of 5

Language	: English
File size	: 4535 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 183 pages
Lending	: Enabled



Establish a solid foundation with Kevin's expert guidance on proper footwork, court positioning, and movement patterns. Learn how to optimize your movement for speed, power, and control.

Master the art of shot-making with Kevin's detailed breakdowns of essential shots, including drives, drops, volleys, and boasts. Discover the secrets of generating power and precision with each swing.

Delve into the strategic side of squash, exploring different game plans and how to adapt to various opponents. Kevin shares his insights on match preparation, reading your opponent, and executing effective tactics.

Understand the importance of physical and mental conditioning in squash. Kevin provides tailored exercises and mental strategies to enhance your endurance, flexibility, and focus on the court.

Squash is more than just a sport; it's a lifelong passion. In this chapter, Kevin emphasizes the importance of enjoying the game, setting realistic goals, and embracing the values of sportsmanship.

- **Step-by-step instructions:** Each technique and strategy is meticulously explained with clear and concise instructions.
- **High-quality illustrations:** Numerous diagrams and photographs illustrate key concepts, making it easy to visualize and apply them on the court.

- **Proven drills and exercises:** Enhance your skills with proven drills and exercises designed to improve your footwork, shot-making, and overall game performance.
- **Personal anecdotes and insights:** Kevin shares his personal experiences and insights, providing a unique perspective into the world of professional squash.

"Kevin Brunette's 'Squash With The Pros' is a must-read for aspiring players. His expert guidance and proven techniques are invaluable for anyone looking to elevate their game."- Jonathan Power, Former World Champion

"As a coach, I highly recommend Kevin's book. His comprehensive approach and practical drills help players of all levels improve their skills and understanding of squash." - Sarah Fitz-Gerald, Former World Number One

Whether you're a beginner looking to start your squash journey or an experienced player seeking to refine your skills, "Squash With The Pros: Kevin Brunette" is the definitive guide to help you achieve your goals. Free Download your copy today and embark on a transformative squash journey with one of the greatest players of all time.



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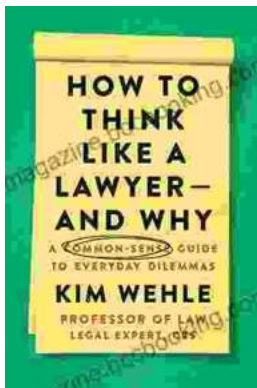
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