



# The G Spot, A Book About Squash

*Tony Griffin*

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## **The G Spot, A Book About Squash** Tony Griffin

"Tony Griffin takes us with him on a personal journey of enquiry into key squash ideas. These he explains, follow from his concept of the G-Spot. He takes a fresh look at familiar topics and investigates what factors affect the optimal hitting experience. The question Tony poses is, 'how to make this both natural and effective?' His ideas, experiences and influences come together into an important work which will challenge inquisitive players and thoughtful coaches to rethink some familiar concepts. While the G-spot is all pervasive in many of the discussions, Tony also throws in advice and innovative methods on such things as how to maximise the chances of 'lucky' back corner nicks and the elimination of 'free shots'. An interesting journey, challenging analysis and entertaining anecdotes make it a timely addition to squash instructional writing." Ian McKenzie Editor The Squash Player magazine " This a great book for all levels . Nice anecdotes and a good technical focus with lots of insights . A good read with a different twist from other squash books "

Liz Irving Former World n° 2 and coach of 7 times World Champion Nicol David "What a fantastic resource for coaches and players alike. This comprehensive guide is a must for those who wishing to give squash enthusiasts the fundamentals of the game. Like anything mastering techniques and having a good understanding of all the facets of playing squash will not only improve your game but give you so much more enjoyment . I commend Tony on his ability to bring this all together."

Dame Susan Devoy Winner of 8 British Open and 4 World Open Titles "Writing a coaching manual on any sport is difficult. Tony has succeeded brilliantly here by writing clear, easy to understand descriptions of how to learn to play and develop all the basic shots played in squash. His book importantly includes pairs routines, mental fitness, exercises, warm up routines and stretching, making it a complete coaching manual. The illustrations are a great addition. They capture in detail exactly what Tony is explaining. The catchy title lends itself very well to the way the book has been refreshingly written."

Ross Norman Former World Champion. "I have always believed that squash is about where and how you hit the squash ball. Tony's book explains this simply and clearly. He also talks about some of the finer points of squash that many players do instinctively without really understanding the full reasons behind them. I love the fact that the title of a book about squash can put a smile on people's faces."

Stuart Davenport Former World n° 3 "Tony is a wise man of our sport. He has a natural and instinctive way of understanding squash that comes from years of playing in tournaments and coaching. His experience and personal approach has allowed him to become an excellent coach. Many of my achievements are thanks to the way he is able to adapt his knowledge to each individual player. I am very happy that he has decided to share some of his "know how" in this book."

Oriol Salvia Corcoll Twelve times Catalan Champion, Two Times Spanish Champion and winner of two PSA Tournaments. "Some years ago Tony talked to me about writing a book. I am very happy that he has finally managed to do it and share his fascinating vision of our sport. He is a master at analyzing the many aspects that make up squash. This is a great opportunity for all those who love playing squash to gain a deeper understanding of the game and define areas in which they can improve."

Elisabet Sadó Garriga Former British Open under 14, 16 and 19 Champion, seven times Spanish Champion and ten times Catalan Champion.

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