

“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*

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.

“ 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



The G Spot

A Book About Squash

Tony Griffin

Tony Griffin

The G Spot · A Book About Squash

