

A BEGINNER'S GUIDE TO SQUASH

12 TOP TIPS



SQUASH
SKILLS.COM

In this essential beginner's guide to squash, players who are new to the game will learn a mixture of technical and tactical tips that will help them make giant leaps forward.

Each squash tip is linked to a playlist on the website, that offers a deeper, in-depth explanation of the teaching point. To locate these linked playlists search for 'SquashSkills.com beginners guide to squash blog' in any search engine, and open the blog post where you will find each tip hyperlinked.

1. Make sure your grip is correct!

You want to have a neutral grip that allows you to hit both the forehand and backhand from the same grip.

There should be a V shape that runs between your thumb and forefinger. Your forefinger should extend up the shaft of the racket giving you extra control of the racket head.



2. Lift your racket up on the way to the ball.

As soon as you know which side the ball is going, take your racket head back so that by the time you arrive you are ready and in position to hit the ball.

You will be amazed by how much time you have and the options you can create.

3. Keep your shoulders facing the side wall at the point of impact

If you over rotate and end up facing the front wall you'll most likely drag the ball into the middle of the court.



4. Link your movement to your shot.

You want to step and hit so that your swing starts just as your foot plants in the lunge position.

This helps create a balanced, stable position where a transfer of weight takes place through the shot.

5. Don't let the first game slip by as a result of not warming up properly.

Hit the ground running and get yourself match ready for the word go. Search for SquashSkills extensive guide to warming up, download it and see your performance improve dramatically!





6. Make sure your serve hits the side wall.

If you can hit a high serve that hits the side wall before dropping into the back corner, you will cause your opponent lots of problems. The backhand volley is one of the most difficult shots in the game and serve gives you a real chance to put your opponent under lots of pressure from the first shot of the rally.

7. Try to play from in front of your opponent!

If you can hit the ball into the back corners and take charge of the T zone you'll find the game much easier than if you are always behind.

Think about using height to get the ball into the back corners and then push forward towards the T zone so that you're ready for the next shot.



8. Volley more!

Volleying takes time away from your opponent and allows you to stay closer to the T.

Learn to volley and try to take the opportunities whenever you can.

9. Hit open space.

If you can hit the ball where your opponent isn't then you're going to make them run!

Avoid hitting the ball back to your opponent but also be aware that a poor shot into open court can leave you exposed.



10. Learn to hit a good straight drive!

If you can hit the ball straight into the back corners from all areas of the court then you will limit your opponent's chances to volley and give yourself the chance to get in front and apply pressure.

11. Learn how to return serve properly.

Start with an open stance facing the front wall and watch your opponent whilst standing approximately 1 racket length away from the corner of the service box.

This starting position allows you to watch where the ball is going and then transfer weight into the shot.





12. Play with the right ball for your level!

There are different balls that bounce to varying degrees.

The pro ball should only be played with when you can hit it hard enough to warm it up and make it bounce properly.

IMPROVE YOUR GAME

We hope implementing these tips will help you add some more W's to the win column!

Make sure you're following us on social media for daily coaching tips and advice, simply search for SquashSkills.



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