001/100 SQUASH INSIGHTS

Highlight

Good footwork is like dancing.

Dancing requires rehearsal.

Ghosting *is* rehearsal.

Explanation

Ghosting is often treated as a fitness drill, and it is, but it is also a valuable technical exercise. Efficient and effective movement does not just happen. It needs to be rehearsed.

Time spent ghosting with a focus on smooth, balanced movement can improve your squash in subtle but important ways. For example, you may find yourself better positioned to play the right shot, not just the easiest one.

On Court

If you are new to ghosting, start with at least 10 minutes a week focused on specific movements, especially to the back corners. Use a side step to adjust your position, then a final commitment step to the ball. After contact, let your follow-through feed directly into your recovery: a fast walk back to the T.

If you are more experienced, check how smooth your movement really is. If it feels heavy or clumsy, it may be a sign that you need more strength, especially in your legs and core.