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100

SQUASH  
INSIGHTS

## Highlight

Good shots win points.

Great shots win matches.

Learn the difference.

## Explanation

That crosscourt nick that everybody loves, wins the point in a very dramatic way. Players remember it, especially if they hit it.

The tight, deep straight drives that causes players to mishit the ball or tin it completely, are forgotten in the mists of time or at best judged to be lucky.

Flashy nicks seem like match winners, but in reality, it's the deep drives or simple drops that win matches.

## On Court

Try to look past the illusion of nicks winning matches and focus on the tightness of your straight drives, the width of your crosscourts and the second bounce of your drops and boasts.

Use physical targets on the floor (rackets or t-shirts) and the side walls (paper stuck on with masking tape) to focus on quality depth and length.

Play length-only condition games to develop good habits.