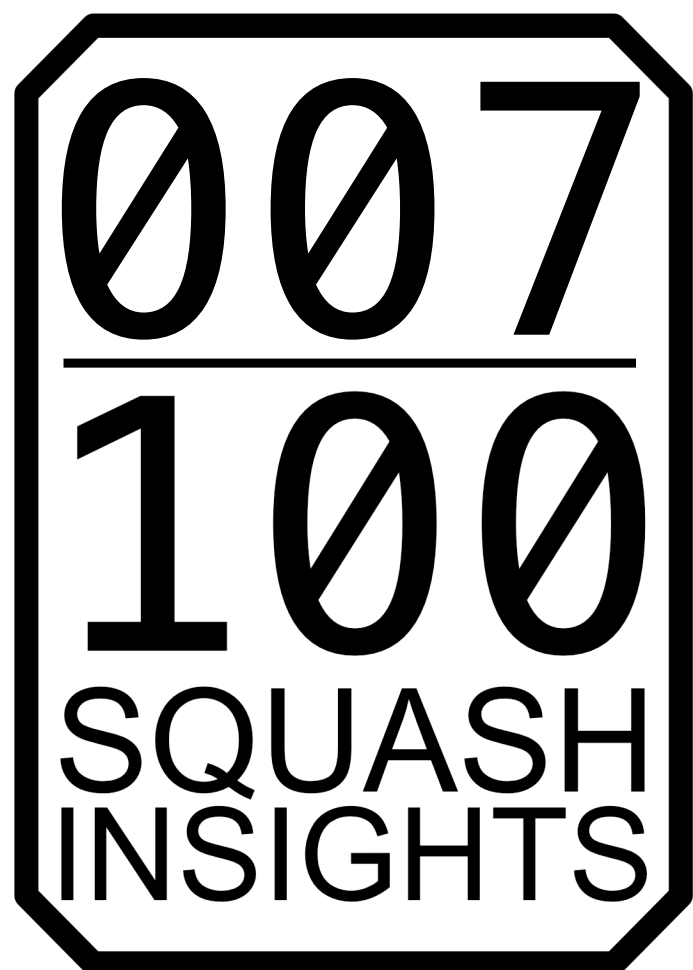




Highlight

Precision beats power.

Tightness beats lowness.

Intention beats hope.

Explanation

When players first start to play squash, many people believe that hitting the ball hard is enough to win points.

And they are right – when you first start to play squash. But as you get better, power is not enough.

Players able to hit tight shots intentionally and consistently will nearly always beat players who simply hit the ball hard and low.

On Court

Solo practice is key to developing accurate shots, but condition games allow that skill to transfer into real matches.

Use long, thin targets on the floor touching the side wall to reward tight shots. Practice dropping or lobbing from low hard drives to disrupt your opponent's rhythm.

Always hit every shot with a very clear intention of where you want it to land.