

011

100

SQUASH
INSIGHTS

Highlight

A tired player makes poor decisions.

And that is true of both you and your opponent.

Explanation

Many times, players try to hit winners from unrealistic positions and situations.

They do it because they are tired and can't imagine the rally lasting any longer. It's an understandable reality, but it's also a mindset weakness.

If you wouldn't hit that shot when you are fresh, then you probably shouldn't hit it when you are tired.

On Court

Enduring tough fitness training is essential to improving your squash, especially at higher levels, but staying alert when training makes that training more effective and transferable onto the court.

Avoid listening to music and instead visualise rallies and matches. You don't want to "switch off" during those tough sessions, you want to embrace their difficulty.

You can't switch off in matches, so don't do it in training.