**SquashRocs – Sayings**

Squash has many simple sayings, that you can keep in your head and use as you are playing. Here are a few :-

### 1) Technical

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| Early preparation. | Hold your opponent, stop their movement,  twist and turn them. |
| Threaten the ball. | Use the ‘second ball’ technique. |

### 2) Tactical

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| Play the ball away from your opponent. | Make the court big, extend the court. |
| Second bounce at the nick. | Make them reach. |
| Send them back. | Extend the rally. |
| Take the ball early, volley if you can. | Use height to relieve pressure. |

### 3) Positioning & Movement

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| Align the feet, swing, follow the racket. | Dominate the mid-court. |
| Control the T. | Move fast to the ball and slowly back to the T. |

### 4) Other

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| The player in front, wins. | Don’t think of any shot as being a winning shot, just apply more pressure to your opponent. |
| Make your opponent play one more shot. |  |

**If it’s not working, try something else.**