

# 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**

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

## **2) Tactical**

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**

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**

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.**