

# SquashRocs – Theory Answers

Name: \_\_\_\_\_

Date: \_\_\_\_\_

1) Complete the following saying:

The player \_\_\_\_\_ in front \_\_\_\_\_, wins.

2) Explain how this saying should influence your shot selection, when you are:

a) behind your opponent: \_\_\_\_\_ hit a deep shot to swap places \_\_\_\_\_

b) in front of your opponent: \_\_\_\_\_ I have an open choice of shot \_\_\_\_\_

3) A 'higher' shot will give you more: \_\_\_\_\_ time \_\_\_\_\_

4) What is the relationship between your court position (relative to the 'T') when making your shot, and the style of shot you might choose to play:

\_\_\_\_\_ when further away I need more time to recover the T, \_\_\_\_\_

\_\_\_\_\_ so I should play a shot that is higher and a bit slower \_\_\_\_\_

5) When playing a cross-court shot, what is the chance of it being a 'good' shot (getting past your opponent) ?

\_\_\_\_\_ 1 in 3 \_\_\_\_\_

6) Thinking about the answers above, playing a cross-court shot from the back of the court is:

a) risky

b) never to be tried

c) a good choice

Answer: \_\_\_\_\_ a \_\_\_\_\_

7) Thinking of the physics of the game (a ball bouncing around inside a box), when the ball hits a side wall, this causes the ball to:

\_\_\_\_\_ be reflected back towards the center of the court, ie. the T and your opponent \_\_\_\_\_

8) the definition of the 'perfect' shot is:

\_\_\_\_\_ second bounce at the nick \_\_\_\_\_