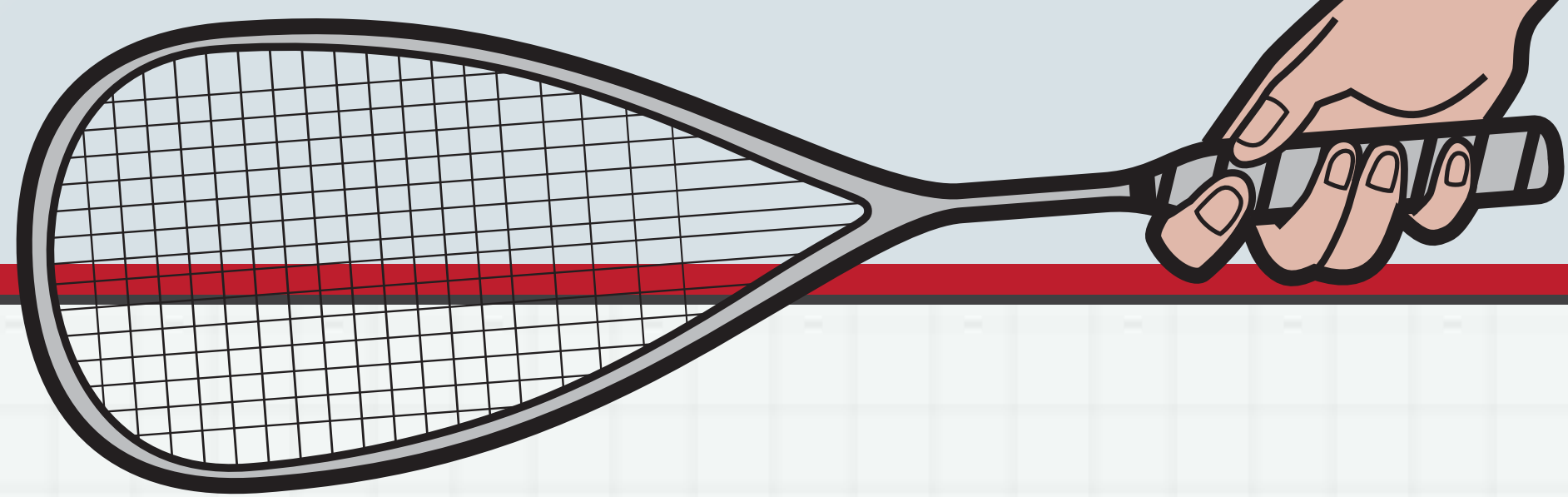
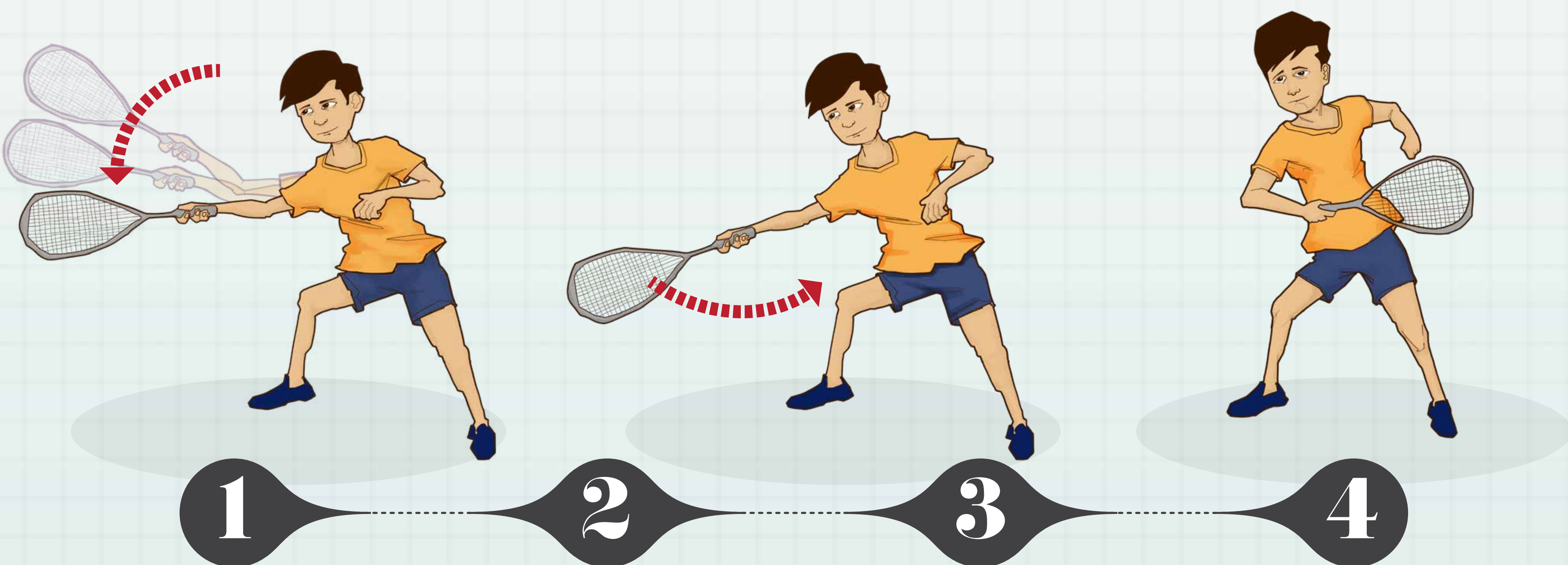


Forehand technique



The Forehand technique in squash works by transferring the momentum of the swing through the racquet and to the ball and pushing the racquet forward towards the direction you want the ball to go to.



1
Have the racquet up and in the ready position.

2
Drop the racquet swiftly towards the ground as if you would catch the ball with it.

3
Shift your body weight to the right foot if you are right handed or left if you are left handed.

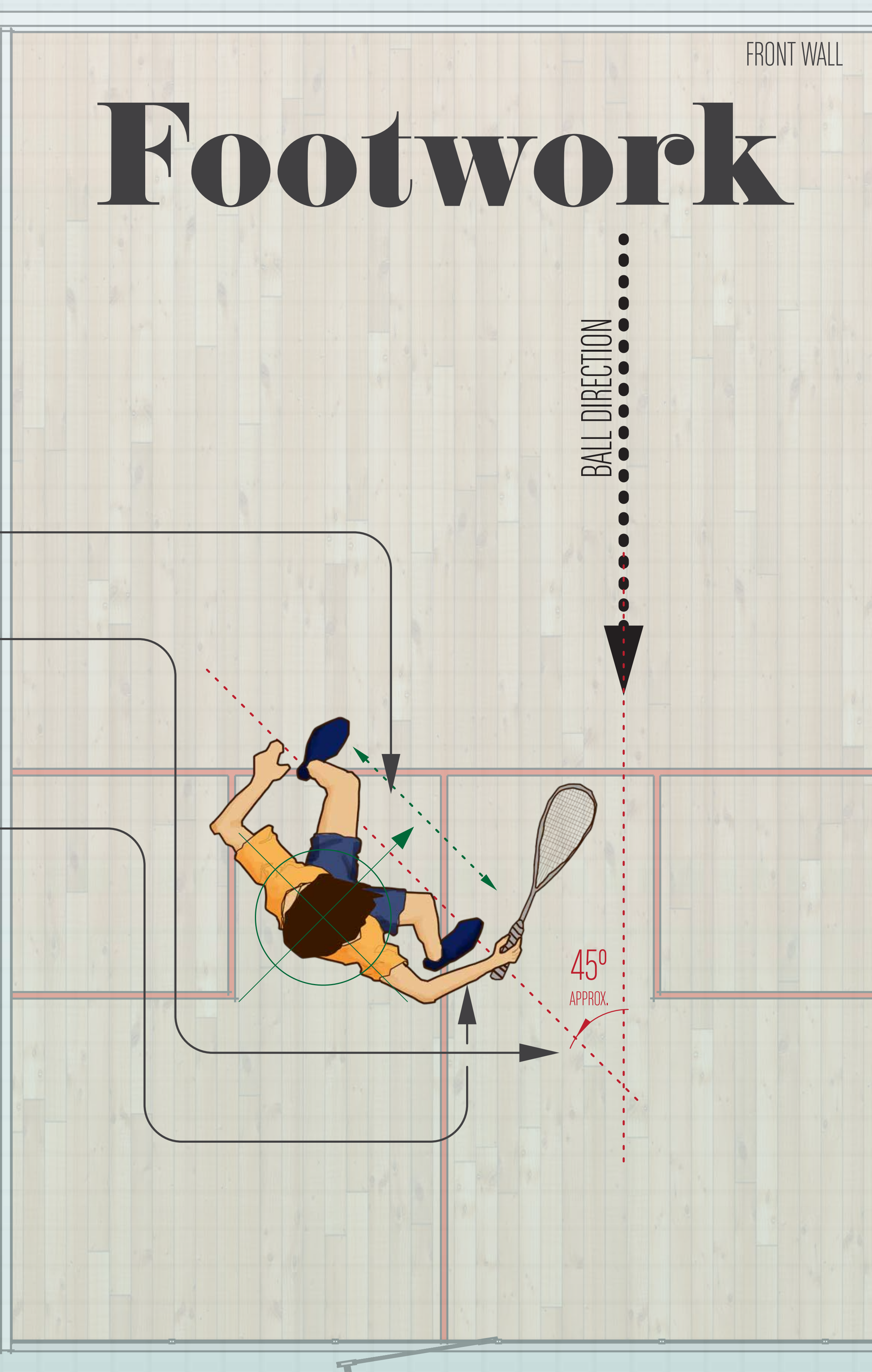
4
As soon as the ball makes contact with the racquet face, push the racquet forward and follow through the direction you want the ball to go to.

Footwork

Feet wide apart with knees bent.

Position yourself at about 45° from the trajectory of the ball.

Shift your body weight to the right foot if you are right handed or left if you are left handed.



Turn your upper body as you hit the ball and follow through with the shot.

Always keep your eye on the ball. Especially before and after the shot.