

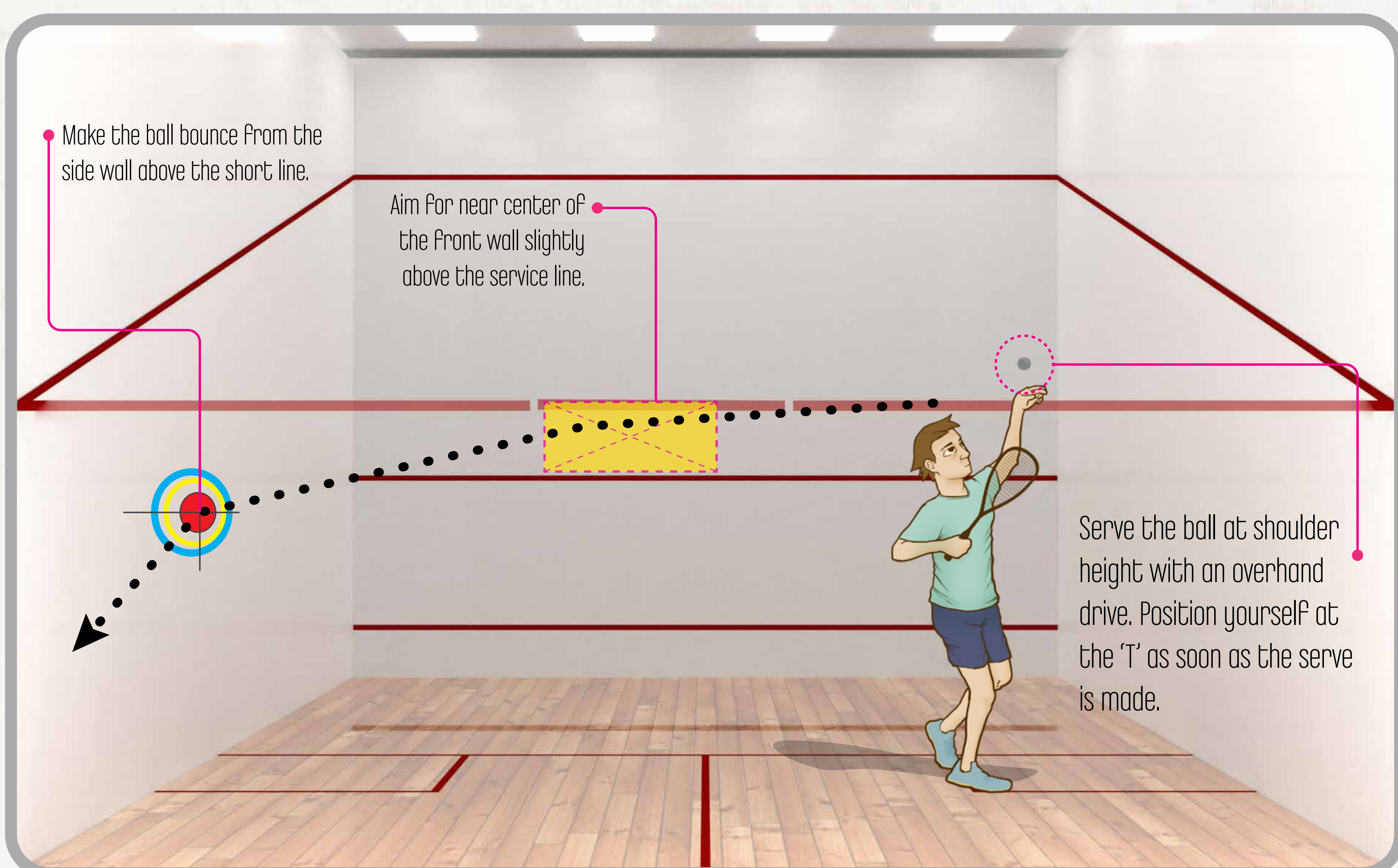
Smash Serve

Similar to the lob serve, the smash serve is an overhand serve that helps you take over the 'T' position when done correctly. This serve takes racquet control, timing and precise ball placement.

Projecting a smash serve

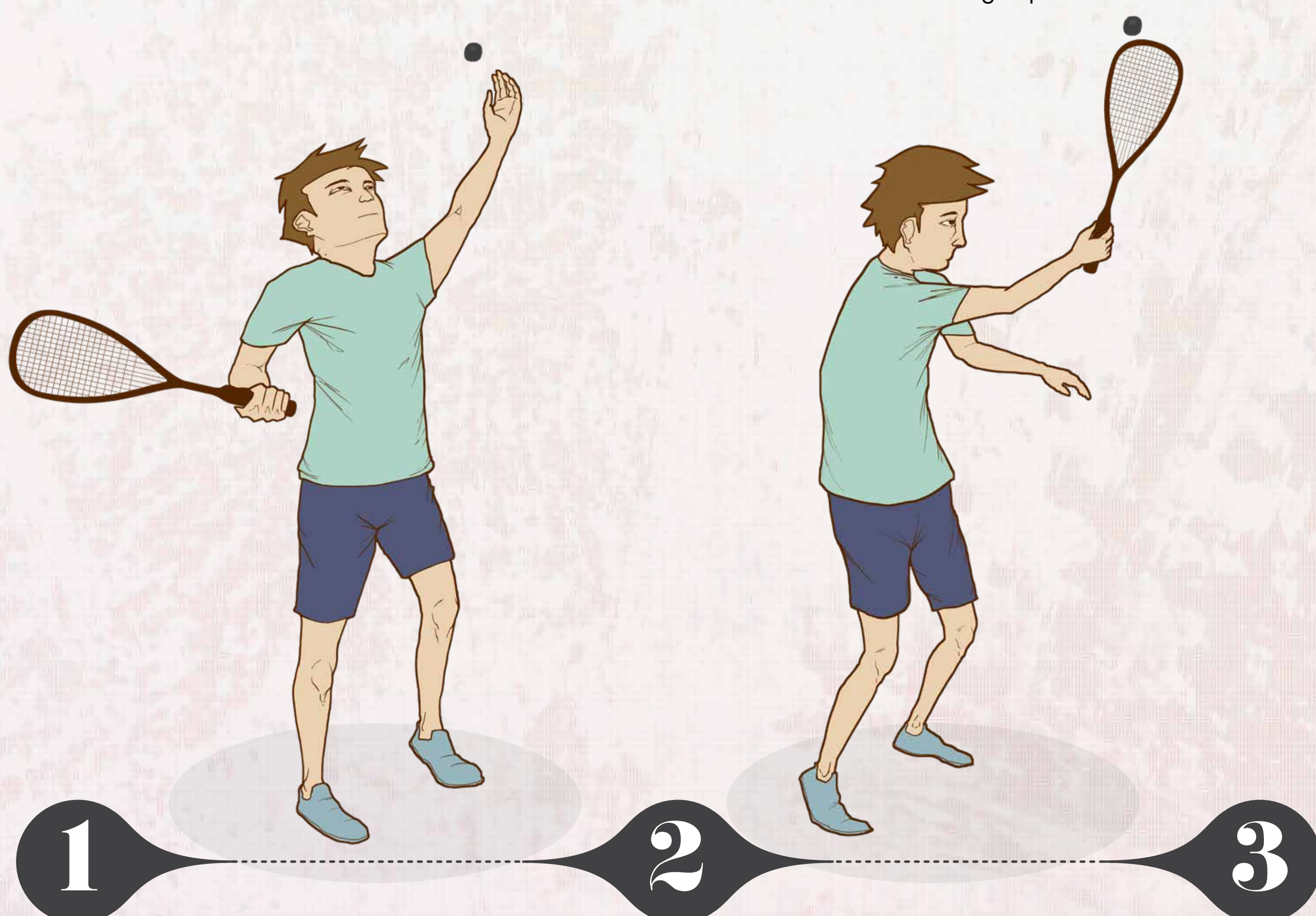
The goal of a smash serve is to get you valuable time to get yourself on the 'T' position, the speed of the ball is crucial in making the serve. Serving the ball too fast and you can miss your chance and too slow can result to having an easy volley for your opponent.

This serve aims for near center of front wall just above the serve line making it as low as possible. Make sure to bounce it off from the side wall just above the short line. This gives the ball longer air time to keep your opponent guessing as you take advantage of the time to get to the 'T' position.



Overhand Serve

The overhand serve is one of the most easiest to control among squash serves.



1 Position your body with your feet wide apart, holding all your weight on racquet foot.

2 Gently throw the ball at shoulder height with the opposite hand.

3 At the peak of the throw, twist your torso as you swing your racquet to hit ball. Follow through with the swing as if you threw the ball with your hand.