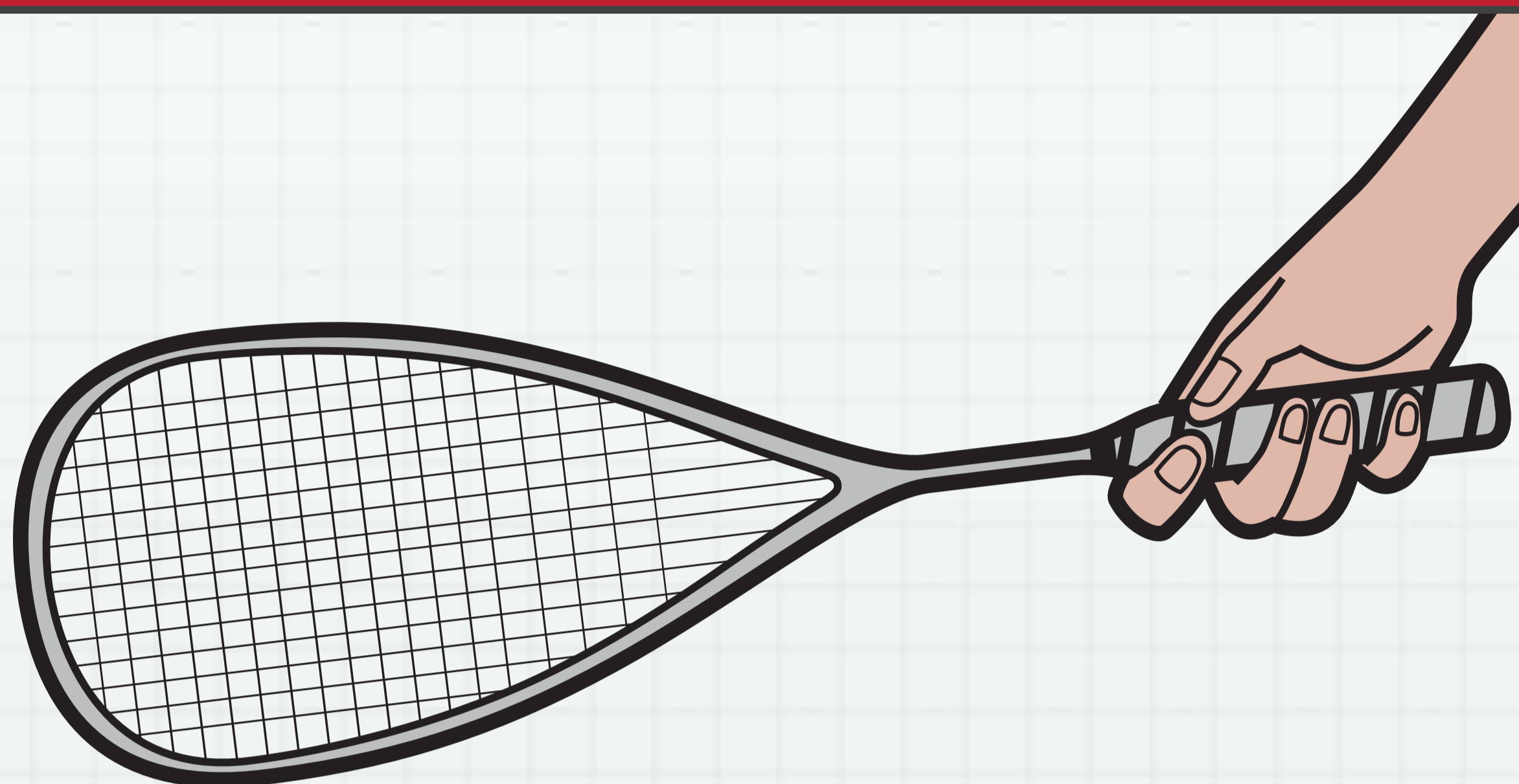


How to hold a Squash Racquet PROPERLY

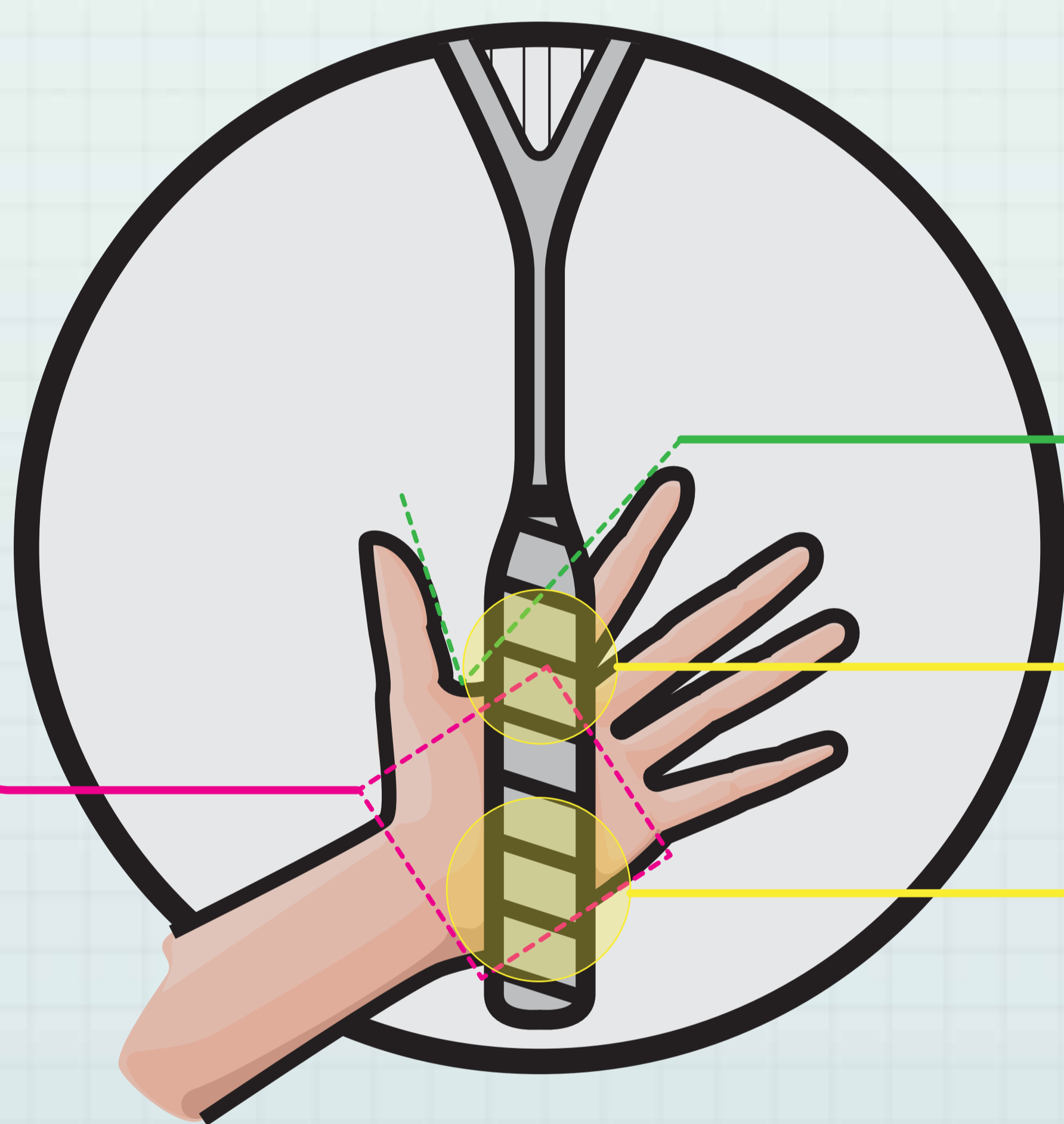
Properly holding the racquet in a game of squash can have a dramatic impact on the outcome of the game.

Unlike tennis, where the racquet and the ball is heavier, squash racquets are light and highly maneuverable to adjust for accuracy and speed.



Position the Palm

1 Imagine your palm as an irregularly shaped square. Position the upper half of the grip on one corner at the bottom of the index finger and the lower half across the opposite corner. The butt of the racquet should rest outside your palm.



2 The index finger and the thumb should form a 'V' shape that goes across the grip.

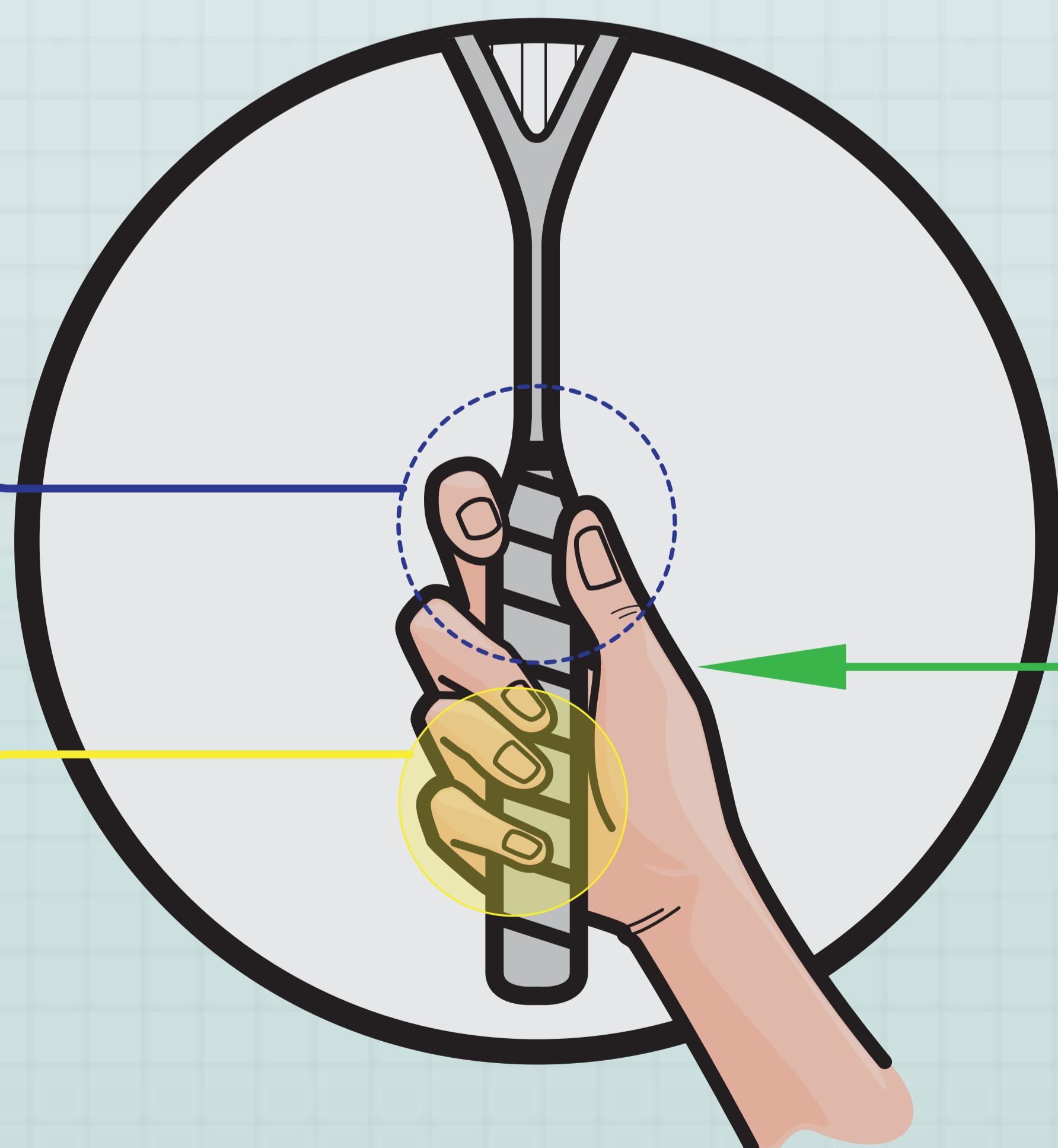
3 Pressure points on your palm will control the racquet side to side.

Position the Fingers

4 Tighten the index finger and the thumb just enough to control the angle of the head.

The index finger should be positioned as if you would pull a trigger and the thumb to push the grip toward your index finger.

6 Your three remaining fingers and palm should loosely support the weight of the racquet and direction of the butt.



5 The 'V' shape form should now be pointing away the side of the racquet head.