

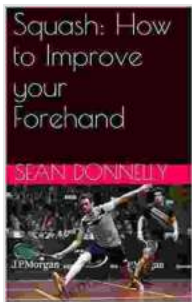
Squash: How to Improve Your Forehand

The Grip

The first step to hitting a good forehand is to get the right grip. The most common grip is the Eastern grip, which is shown in the image below.

[Image of the Eastern forehand grip]

To grip the racket with the Eastern grip, place your hand on the handle so that your index knuckle is resting on the second bevel. Your thumb should be placed on the flat side of the handle, and your other fingers should be curled around the handle.



Squash: How to Improve your Forehand by Tabitha Suzuma

★★★★☆ 4.4 out of 5

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Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 27 pages
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The Stance

The next step is to get the right stance. The stance for the forehand is similar to the stance for the backhand, except that your feet should be

slightly wider apart. Your weight should be evenly distributed on both feet, and your knees should be slightly bent.

The Swing

The swing for the forehand is a fluid motion that begins with the racket behind your head. As you swing forward, your arm should be extended and your wrist should be cocked back. At the point of contact, your wrist should uncock and your arm should continue to swing through the ball.

Follow through with your swing and finish with your racket pointing towards the target.

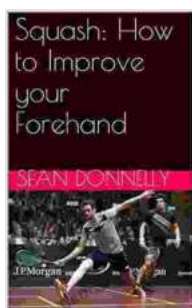
Here are a few tips that you can use to improve your forehand:

- **Practice regularly.** The best way to improve your forehand is to practice regularly. Try to hit at least 100 forehands every day, and focus on making your strokes consistent and accurate.
- **Use a target.** When you're practicing your forehand, use a target to help you improve your accuracy. Set up a cone or other object a few feet away from you, and try to hit the target with your forehands.
- **Get feedback.** If you're struggling to improve your forehand, get feedback from a coach or a more experienced player. They can help you identify the areas where you need to improve, and they can provide you with specific drills and exercises that you can use to practice.

Here are a few drills that you can use to practice your forehand:

- **Wall drills.** Wall drills are a great way to improve your forehand technique. Stand facing a wall, and hit the ball against the wall as hard as you can. Focus on making your strokes consistent and accurate.
- **Cone drills.** Cone drills are a great way to improve your forehand accuracy. Set up a few cones in a row, and try to hit the cones with your forehands. Start with the cones close together, and gradually move them further apart as you get better.
- **Partner drills.** Partner drills are a great way to practice your forehand in a game-like situation. Find a partner, and take turns hitting forehands at each other. Focus on making your strokes consistent and accurate, and try to hit the ball to your partner's weaker side.

The forehand is one of the most important shots in squash, and it's essential to master it if you want to become a successful player. By following the tips and drills in this article, you can improve your forehand technique and become a more confident and effective squash player.



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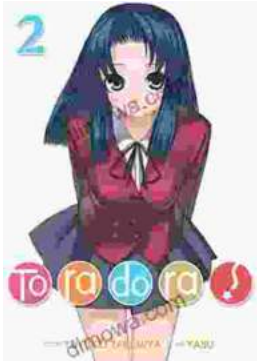
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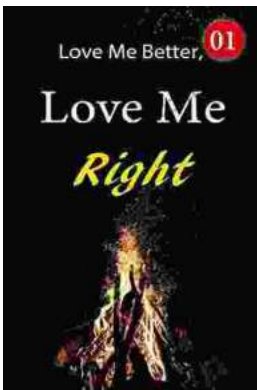
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