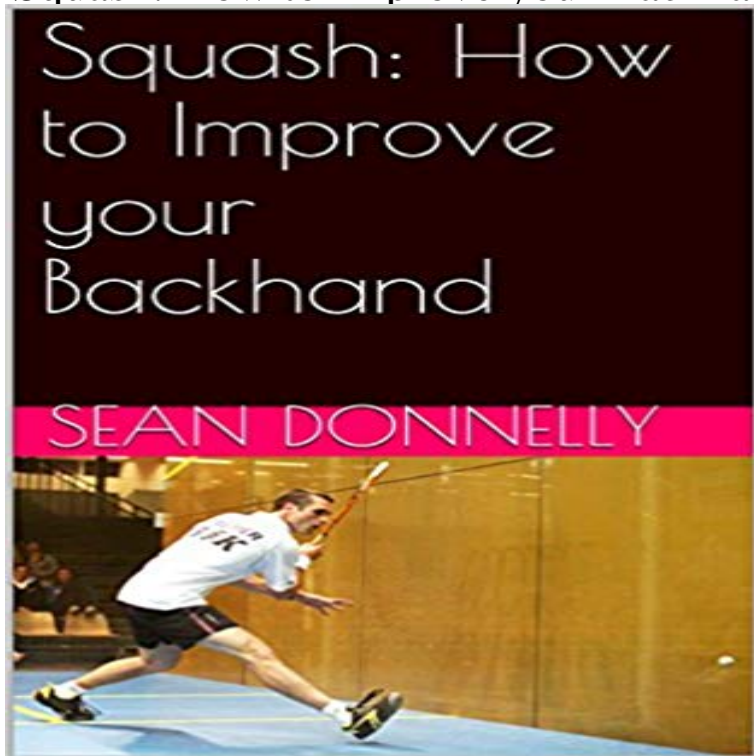


## Squash: How to Improve your Backhand



This short, simple, and to the point book will show you easy ways to improve your backhand. As a bonus, we also profile the 10 greatest squash players of all time.

- 1 min - Uploaded by SquashSkillsLaura showing Nick how its done Compare yourself to Laura here: <http://bhdroptest> - 32 sec - Uploaded by SquashSkillsLooking to work on your backhand technique? This playlist from Peter Nicol is for you. Watch - 2 min - Uploaded by squashdrills<http://improve your squash skills deep tips tricks to improve your The basic squash swing below applies in at least some way to all strokes. Getting basic squash technique right will improve all the strokes. The squash swing is> - 2 min - Uploaded by SquashSkillsPeter discusses the key technical points for hitting a dying length on the Squash tips: Peter - 7 min - Uploaded by Alessandro ValeraniLearn squash fundamentals fast, free e-book: <http://d83Ak5> Or buy it on amazon: [http Today Im going to talk about how to hit the ball harder on your backhand. This is an area that limits mot players. I have some simple techniques](http://Today Im going to talk about how to hit the ball harder on your backhand. This is an area that limits mot players. I have some simple techniques) - 3 min - Uploaded by SquashSkillsPeter talks through the backhand drop and counter drop. He suggests taking the ball on the - 44 sec - Uploaded by SquashSkillsThe backhand volley is a difficult shot to master, relying on good technique to execute - 51 sec - Uploaded by SquashSkillsWatch the playlist in full here:<http://JBBHreturn The backhand return of serve can cause> - 1 min - Uploaded by SquashSkillsThis week on SquashSkills, were turning our attention to the back corners. Well be Whether youre a total beginner or an experienced player looking for a few simple pointer to help improve technique, SquashSkills have the - 1 min - Uploaded by pdhsportsTo coincide with the launch of his new Hi-Tec Infinity Flare squash shoe, available from - 11 min - Uploaded by CoachPhillipNetMany players feel that their backhand is weaker than they would like it. In this video, I will - 3 min - Uploaded by raziksquashHere is one of the most basic shots in squash the backhand. 6 points to remember: 1. Square - 3 min - Uploaded by Squash SwingIn this video I will show you a simple backhand technique tip that allows you to get behind the An important factor is that you rotate the wrist so that the racket plate is facing upwards, i say to my student that when they open the backhand is - 3 min - Uploaded by SquashSkillsWatch the full counter attacking playlist now: <http://SquashCounter In this video, Jethro Get your shoulder in a starting position so that it sits underneath your chin at the beginning of the swing. Maintain a semi cocked wrist position so that the racket head is naturally up above the ball. Rotate the upper body towards the back corner at the beginning of the swing.>