

Ability to Leave the Ball Short

- For this week's shot we will be looking at leaving the ball short at the front of the court. Specifically looking at leaving the ball short from an attacking position, using your position on the court, swing indicating a deep shot, while using the back corners as the foil and then simply transitioning from a deep ball to a soft short ball. This shot takes skill, soft hands and the ability to drop your swing quickly, benefits are you are using the full length of the court and if played correctly is very difficult to read let alone pick up.

Win The Length Battle To Earn The Right To Go Short

- As always in squash its imperative you win the length battle first to gain the position on the court to utilizing the short ball. Below is a highlights video of a Match which showcases the ability of the players to access all four corners and then leave the ball short to win the rally. Only takes 10 minutes to watch the video but it perfectly illustrates the players ability to gain ascendancy with the length ball. The key is the ability to transition from a deep ball to a short ball, in an attacking/ dominate position, while still threatening the back corners. Looking to get your opponent flat footed behind you. This creates the space for the short ball / drop



Match Example

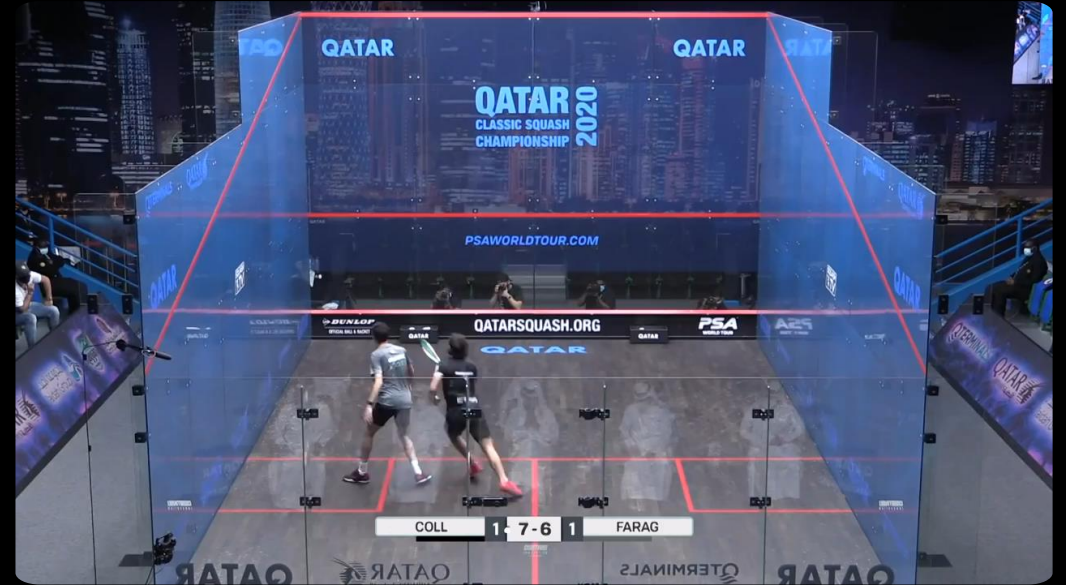
<https://youtu.be/01bYniSPyHI>

Effect Your Opponents

- At this level it's crucial you effect your opponent's movement, by having the ability to hit short from an attacking position. You are basically threatening the deep ball, forcing your opponent onto their heels and then simply transitioning to the drop. Purposely chose this match as Paul Coll is renowned as one of the best movers on the PSA World Tour. Without the threat of the deep ball, Coll would surely pick up the drop. So, what I want players to realize it's the ability to affect your opponent's movement which creates the opportunity.

Great Example

- Wins Length Battle
- Hits first ball deep
- Threatens ball deep & then transitions to short ball



Round Up

- Earn the right to go short
- Quick onto the ball
- Good early racket preparation /
Threaten the deep ball
- Good body position
- Ability to hit all parts of the court
- Ability to drop the racket head,
soften your hands, hit under the ball
& transition into the drop
- Follow through and cushion the ball
with soft hands