

## DOUBLES SQUASH STRATEGY



**STRATEGY** 

**#01** 

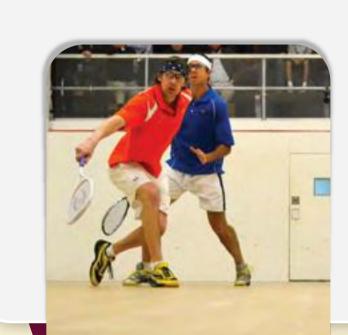


Always hit deep before you shoot short.

Play at least five length balls before going short.

STRATEGY

#02



**Volley every ball** you can touch.

This is the **Golden Rule** of Winning Doubles. If the opposition's strategy is to push you to the back wall, don't go willingly. VOLLEY!

STRATEGY



**Split the team on** the diagonal.

There are four corners in the court and only two people on a team. The simple goal is to split the team on the diagonal and hit to one of the open quadrants.

STRATEGY



The number-one attacking shot is the <u>reverse corner</u>.

The number-one attacking shot is the reverse corner because the opposition usually has to play the ball back cross-court to your partner and they should be ready to attack on the volley.

STRATEGY

Attack cross court.



To open up the court, attack

cross court.

STRATEGY



**Move laterally** on the red line.

When rotating with your opponent move laterally on the red line, not in a box step, so that you don't get blocked out.

STRATEGY



Aim high and hard at your opponent's shoulders.

For cross-court shots, aim high and hard at your opponent's shoulders. The second spot is at there knees.

STRATEGY



Vary height

and direction.

**STRATEGY** 



**Cover the shot** 

that beats you.

When defending, cover the shot that beats you, not just the shot that continues play.

STRATEGY



When defending a ball hit hard at you just block the ball with a fore-swing.

When defending a ball hit hard at you do not take a back swing or full swing. If you do you will hit the ball out of the court or miss altogether.

Original sources for the published content:

https://bosssquash.com/blog/doubles-squash/

For more information visit: www.BossSquash.com



or join us on:











