

HEAD Squash RACQUETS



	Head Microgel 125	Head Graphene Xenon 135	Head Graphene XT Cyano 110	Head Graphene Xenon 140	Head Graphene Touch Speed 120
PRICE RANGE	Low	Low	Low	High	High
WEIGHT	125 g.	135 g.	110 g.	140 g.	120 g.
FEATURES	HEAD: 500 sq. cm. String Pattern: 12/17 Head Cushion Grip Grip Size: 4 0/8 Microgel Composition	HEAD: 460 sq. cm. String Pattern: 14/16 Hydrosorb Pro Grip Grip Size: 3 7/8 Graphene, CT ² Composition	HEAD: 500 sq. cm. String Pattern: 12/17 Ultrasoft Tour Grip 20mm Beam Graphene XT, CT ² Composition	HEAD: 470 sq. cm. String Pattern: 14/17 Hydrosorb Pro Grip Graphene, Graphite Composition	HEAD: 500 sq. cm. String Pattern: 12/17, 16/17 Grip Size: 3 7/8 16mm Beam Amplified Fibre Technology (AFP)
BALANCE	370 mm - 9 points Head Heavy	370 mm Head Heavy	Head Heavy	365 mm Medium	Even
DURABILITY	3 of 5	4 of 5	2 of 5	3 of 5	3 of 5

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How to choose a Head squash racquet

Now that you know the best HEAD racquets out there, it is important to know how to pick the racquet that will work best for you. Just because a racquet has a high rating or costs a lot of money does not mean that it will enhance your performance in the court. Remember that not all squash players play the same and so not all racquets work the same for all players.

Maybe testing a specific HEAD squash racquet before you use it is the best way to judge whether it can work for you. Let us look at some things you need to consider before you buy a racquet:

Weight

You can choose racquets that weigh 125 grams or lighter, or 130-140g or settle for heavier ones that weigh 150 grams and over. Weight is very important because it determines the amount of power a racquet can deliver and also swing speed. A racquet's weight can also put a lot of stress on your wrist and forearm.

Light Racquets

They often weigh 125 grams or less. You should only use these types of racquets if you are an advanced squash player.

PROS

- Easily maneuverable
- Great for drop shots and flicks
- Quick racquet swing

CONS

- They are not as powerful as heavier racquets
- May have lower durability
- Expect lots of miss hits

Medium Weight Racquets

They weigh 130-140g, a weight range that most players go for. This is because you get both power and maneuverability with such racquets.

PROS

- You get increase power
- Increased follow through

CONS

- Make it harder to perform flips and delicate drop shots
- Not as maneuverable as light racquets

Heavy Weight Racquets

These weigh 145 grams and over. A lot of cheap racquets like beginner squash racquets fall within this category. Your coach may recommend the ones with a heavier frame to help build up strength in your wrist and forearm.

PROS

- Cheap
- Helps to build arm and wrist strength

CONS

- Very hard to do drop shots, flicks, and quick-reaction shots
- Easy to over-hit straight drives
- May injure player if the swing is not solid

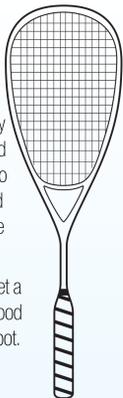
Head Shape

The head shape of a racquet can affect power, control and even sweet spot size.

Teardrop

These racquet sets may give you more power in your shots, but they sacrifice some control. They require great skill to use and so are not recommended to beginners. Intermediate and advanced players use these racquets most of the time.

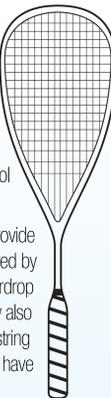
With this equipment, you get a perfect balance between good power and a large sweet spot.



Open Throat

Most HEAD squash racquets fall into this category. These racquets are preferred by many advanced players because you get more feel and control in your shots.

Unfortunately, they do not provide as much power as that offered by Teardrop and elongated Teardrop racquets. Some people may also not like the racquet's lower string area, which just means they have a smaller sweet spot.



Elongated Tear Drop

If you are looking for a racquet that provides more power, then this is the equipment for you. It has a great shape with a big sweet spot on its face. But that means that there is a drop in control and that makes it harder to make accurate drop shots. Intermediate players and beginners struggle to make soft touch shots with this racquet.

Advanced players with strong flexible wrists are more capable of using this racquet successfully.



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