

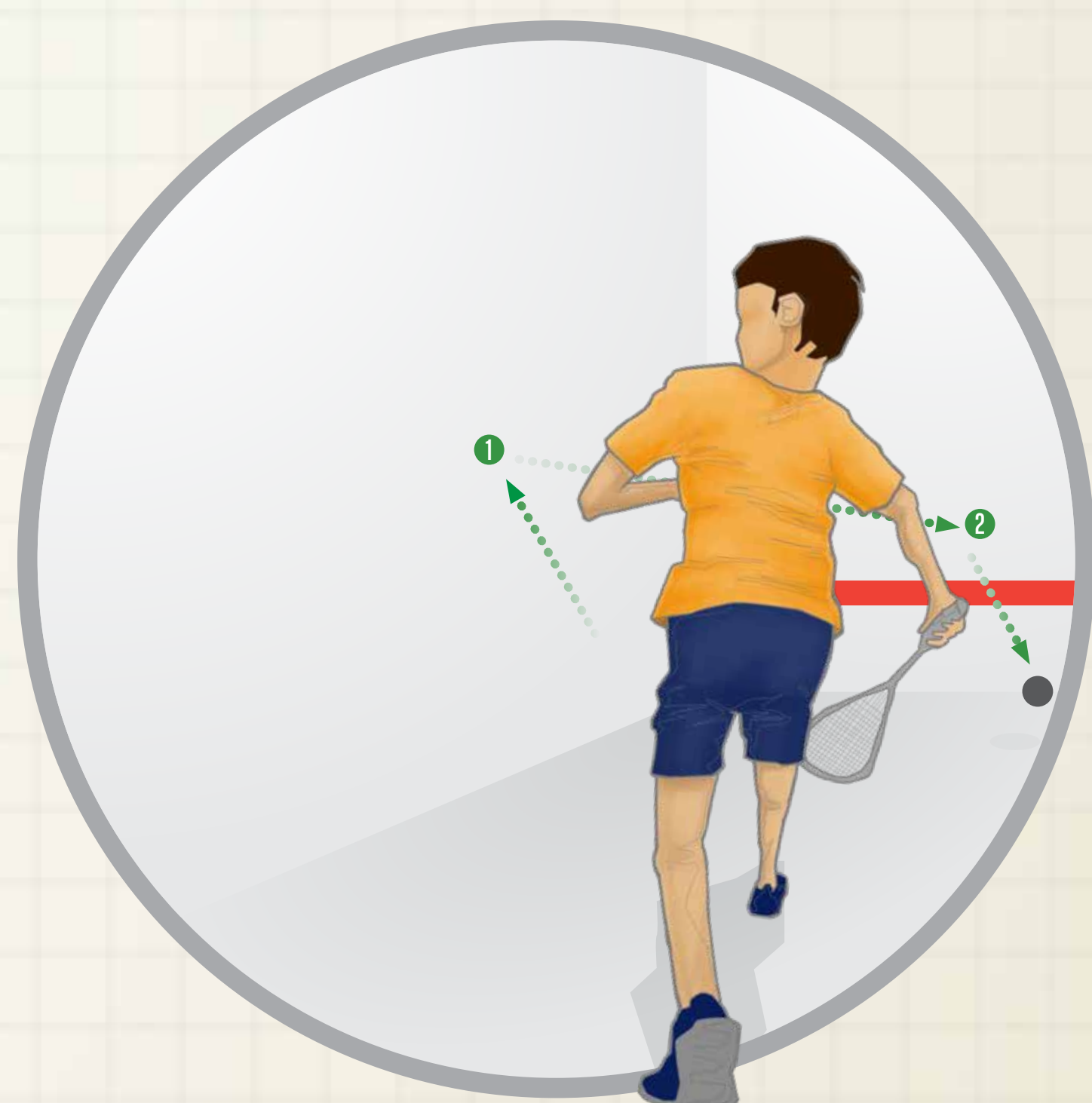
HOW TO DO THE

Trickle Boast technique

The trickle boast shot in squash is an effective **strategy** to catch a point from your opponent. It makes use of the spinning momentum of the ball to make it react almost abnormally. In order to master the trickle boast shot, practice and an understanding of the physics involved is needed.



The key to the trickle boast is to spin the ball hard enough that it would lose its momentum as it bounces off the wall. Instead of bouncing the ball from the **racquet** face, the ball should slide from the face thus creating the spinning motion.



This is easier achieved with a backhand than a forehand swing. With a slashing backhand, project the ball from the side wall to the back wall just above the tin. If done properly the ball should trickle downward losing much of the energy behind the shot.

