



## MASTERSHOT

### *Massaro's trickle boast*

**Laura Massaro has moved into the front-left corner on the so-called wrong foot, but she is fully equipped to handle the technical limitations this presents – those of balance and a restricted transfer of weight.**

She has turned her body to allow some weight transfer and prepared a full swing. This has allowed her a full range of options. She can drive straight or crosscourt. Meanwhile, her opponent, Raneem El Welily, cannot move until she knows where the ball is going.

A low swing or early preparation for a drop shot, for example, could signal a short shot from Massaro, allowing El Welily to explode out of the blocks early and pounce. A full swing, in contrast, keeps the Egyptian waiting, as she must cover the deep shots, the straight drop and, here, the trickle boast.

El Welily is watching closely (pic 2) as she moves into her stride jump (take-off position), but she is still unsure where to go.

Massaro has a good stance and position, which has kept her options open until the last minute. So, here we have two of the

basic ideas behind making a squash shot difficult to read – disguise and surprise.

Massaro's racket cannot swing through the line of the shot, as the wall is in the way. Instead, it slides along the side of the ball. In pic 2 we see her excellent wrist control, while in pics 3 and 4 we see how she controls the racket head despite contorting her wrist.

In pic 4 El Welily has moved towards the ball, but it is not coming down the court for her. In fact, it is going across the court and will stay short.

So, the trickle boast played well and at the right time has the advantage of both disguise and surprise.

#### TOP TIPS

- The trickle boast can be practised solo with single, high feeds and then set up from a full swing position before playing the shot.
- Get your coach or partner to feed the ball from behind, but allow enough time for a full swing. Practise playing various shots from the same position and set-up. Work with a partner on high, short and easy feeds in a front-court boast and drive practice.
- In the full boast and drive or boast, drop and drive exercises throw in some trickle boasts to get used to playing the shot from the same set-up as other shots. Learn to hit different shots from the same court position and develop surprise options in your play.

