



Lob Service

The Lob Service

Every squash rally starts with a service. The first service at the start of a match is decided by a spin of the racquet. The service is an important stroke. It is the only shot in squash in which students have complete control over the ball – the opponent governs every other shot to some extent. A good service can put the student in an offensive position at the start of a rally – and therefore give him or her an immediate advantage. In some cases, students can win a rally with an excellent lob service alone.

Preparation

- The back foot is placed inside the service box.
- The front foot is slightly open, and the toes form an imaginary line in the direction of the target on the front wall.
- The wrist is cocked, and the racquet head starts behind the hip.

The Ball Toss:

- The ball is dropped or tossed slightly away from the body and ahead of the leading foot at hip level.

Action to Contact

- The racquet head is open and the path of the racquet is low to high

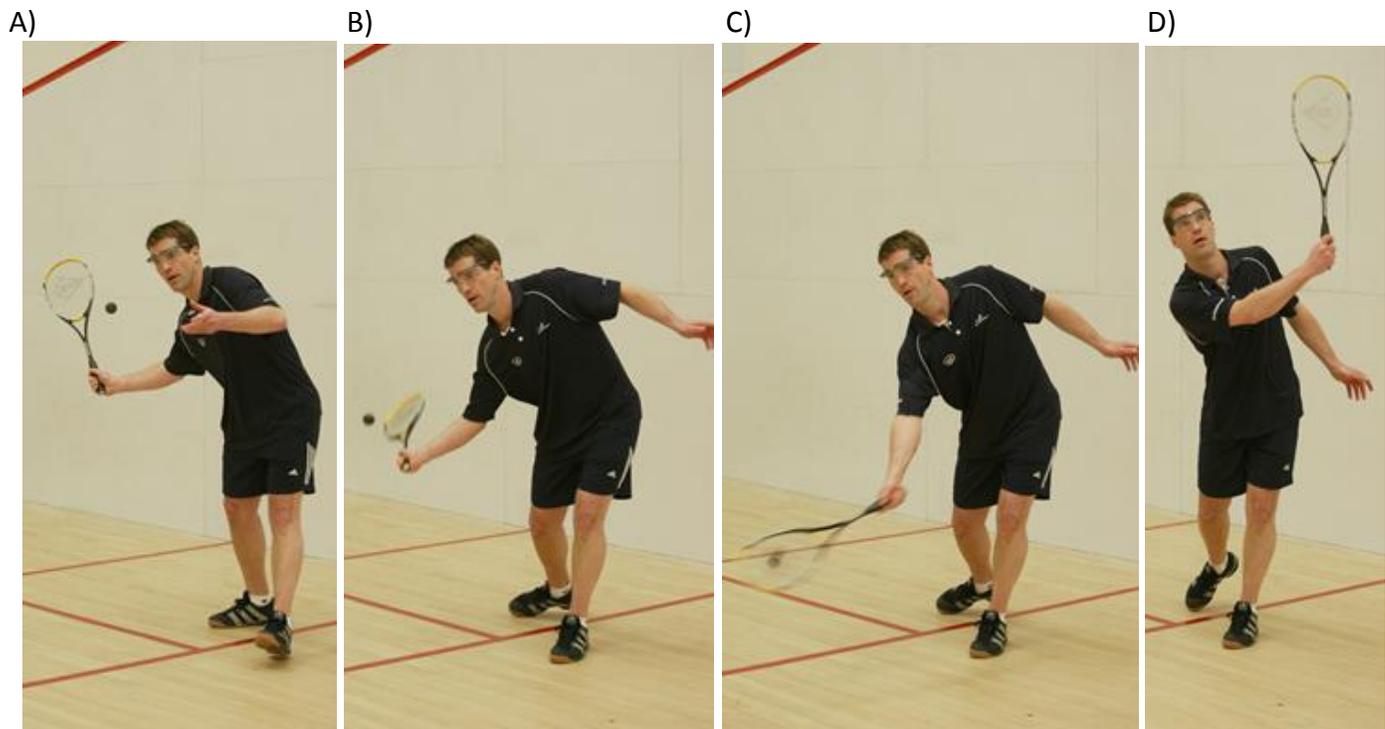
Contact Point

- Ball contact is made by shifting the weight forward and swinging the racquet in an upward, arcing motion.

Follow Through

- The follow-through continues up and in the direction of the target on the front wall.

Diagram – Lob Service



The proper form for the lob service as depicted during the four stages of the stroke: A) Preparation, B) Action to Contact, C) the Contact Point, and D) the Follow Through.

Activities

The following sequence is recommended for teaching the lob service (each student has two balls)

- Students serve from closer to the front wall and slowly move back to the service box.
- Students serve from each service box.
- Students serve and move to the “T”
- Students learn the boundary and scoring rules.

Feedback Chart – Lob Service

Shot	Outcome	Ball Control	Fundamentals	Reinforcement Points & Tips
Lob Serve	Serve is out on side wall	Direction Height	Racquet head control – horizontal Racquet path	Check body position on contact Check that the ball toss is in correct zone; not too close and not too far ahead. Check wrist position on contact. Minimize wrist action which drops the racquet head.
Lob Serve	Serve is short Service is too long (comes off the back wall)	Distance Height Speed	Racquet head control - vertical Racquet path Length of the swing	Check the grip Check that the face of the racquet is open on contact. Check that the racquet hits under the ball creating a low to high path for the racquet head in contact zone. Check the preparation is not too long or high. (starts at hip level).

Return of Service

The Return of Service

The objective of the return of service is to neutralize the server's advantage and regain the T position. The safest way of doing this is to drive or volley a high, straight return into the back corner. This should be the student's basic return of service.

Preparation

- The approximate position for receiving service is opposite the inside back corner of the service box.
- The receiver turns toward the server and, while watching the server, prepares the racquet to return service.

Action to Contact

- Same as for that of a drive or a volley to length

Contact Point

- As the ball is served, the receiver attempts a volley return of service if at all possible. A straight return is the best option; as an alternative, a straight length drive may be played as a return of service.
- The receiver returns to the “T” area if the returning ball does not end up there, and assumes a ready position.

Follow Through

- As per forehand or backhand drive or volley.

Activities

- Feed a short service that students can return with a straight drive by taking one step.
- Feed students a longer serve that forces them to step backward to make a straight drive return
- Angle a feed to hit side wall first and then land in the service area for students to return with a straight drive.
- Hit a lob service that requires a volley return of service.
- Hit a high lob service that angles off the sidewall and forces students to volley before or immediately after the ball hits the sidewall.