

SQUASH

iQ truly suffered for its art this week. We expected a squash lesson with instructor Nikky Harradine to be a relatively straight-forward affair. An hour later, with muscles trembling and sweating like a gimp in a sauna, iQ was finished, but Nikky hadn't even broken sweat



SERVING

Under-arm serving is encouraged, but over-head, tennis-style serves are fine as well. The aim is to get the ball into the back of the opponent's half and as close to the back corner as possible. Forehand serves should hit high on the front wall and to the right of the middle. And aim two-thirds of the distance across the front wall for the backhand serve, again aiming for the back corner of the court.



GET INVOLVED

Nikky Harradine has 17 years of coaching behind her, but has won the UAE women's league so often that she decided to join the men's division to "give them a hard time." Nikky teaches at Jumeirah Beach Hotel and runs men's clinics every Sat, Tue and Thurs from 6-8pm, costing Dhs50 for non-members and Dhs30 for members. Individual lessons cost Dhs180 for non-members and Dhs150 for members, and are available throughout the week. Contact Nikky on 050 450 7762, nikky@harradine-golf.com.



GRIP

The racket should be open and not closed as in tennis. Align the the 'V' between your thumb and first finger with the edge of the handle, creating a 20 degree angle. The first finger should also curl up towards the top of the racket, giving your grip more stability. Essentially, it's like shaking hands with your racket, but with a cocked wrist.



FOREHAND

Cock your wrist upwards, bend your elbow at 90 degrees and position the head of the racket within scratching distance of your head. Lean forward onto the leg nearest the front wall and swing through in a fluid circular motion, finishing with the racket behind your head.

BACKHAND

Follow the instructions for the forehand shot (cocked wrist, high elbow, full follow-through), but in reverse to the forehand. Make sure the racket finishes behind your head and not out at right angles - this provides extra momentum, and also means it's safely out of your opponent's way.



SPACE

When serving, one foot must be inside the service box. When receiving, stand a racket's distance from the corner of the serving box - here, you'll be able to adjust for both forehand and backhand. When the return has been completed, try to get to the 'T' that bisects the court - you're now in the right position to go forward, backwards, left and right.



Words ANDY BUCHAN Photos MOSH LAFUENTE