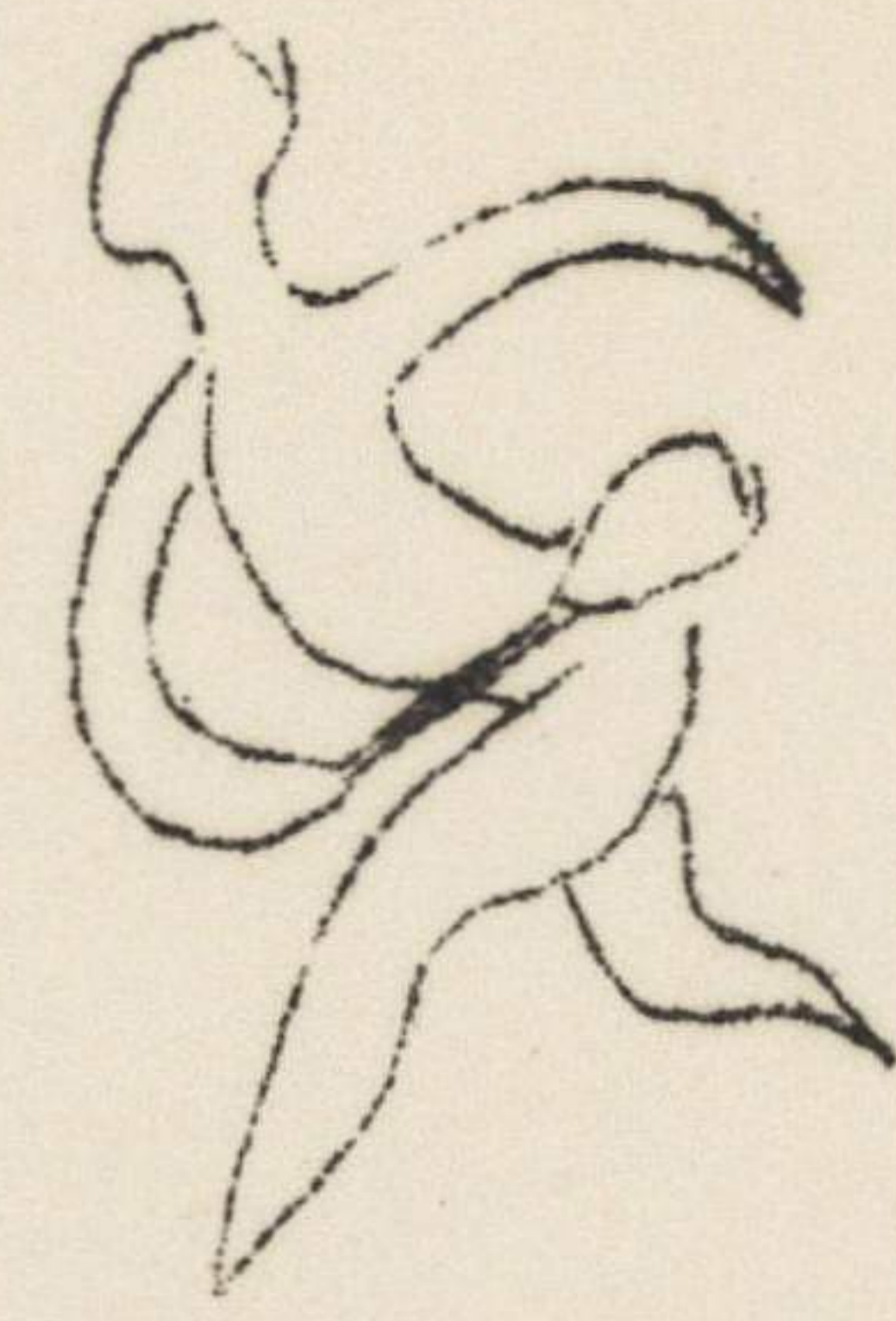
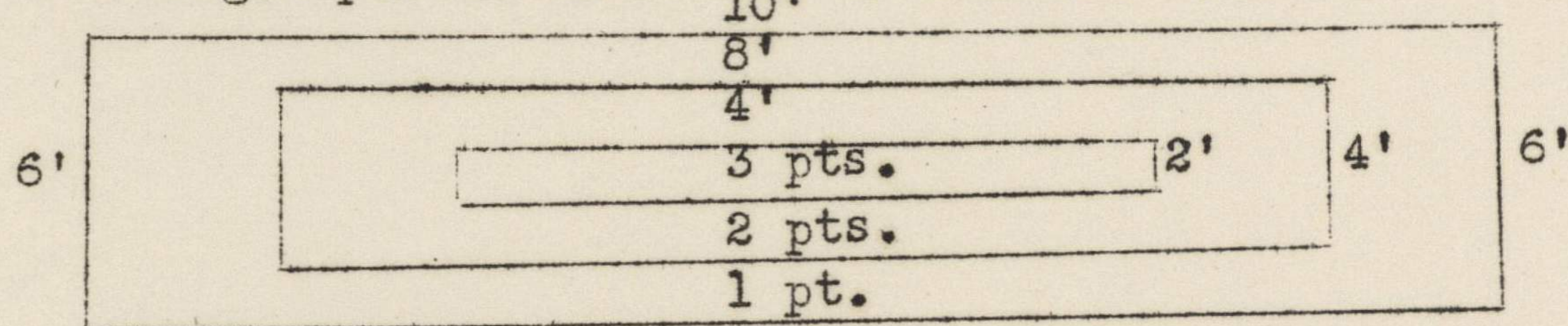


SQUASH RACKETS



- Test #1** Speed Test.
Hit ball against wall 25 feet away as many times as possible in 20 seconds. Start by dropping ball, ground stroke or volley is optional. Score total returns.
- Test #2** Volley Control Test.
Hit the ball on a volley against a wall 15 feet away as many times as possible in 15 seconds. If testee misses the ball, have him secure it and continue until the total 15 seconds has elapsed. Score total returns.
- Test #3** Overhead Service Test.
From a position in the service box hit 5 balls using overhead service, at front wall and to the target on the floor in T service area.

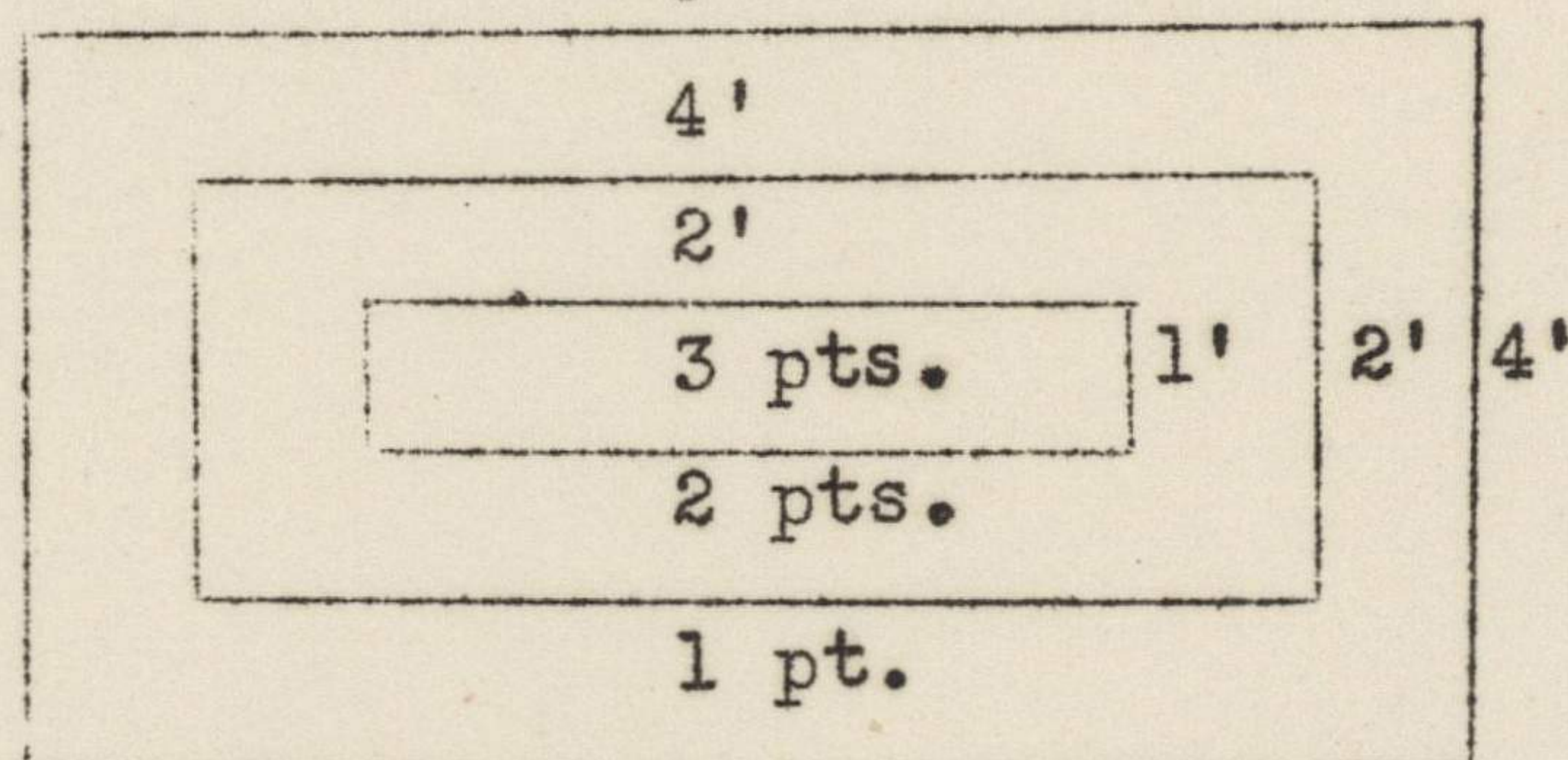
---Target placed in center of service area



Score total points made in 5 attempts. Inside rect. 3 points, middle rect. 2 points, outside rect. 1 point.

- Test #4** Underhand Lob Service
From a position in the service box hit 5 balls at target located same as in test #3. Score same.
- Test #5** Accuracy Test
From a position behind the service line, drop ball from hand to racket and hit ball at target on the front wall.

Target



Score 3, 2, 1, from inside rect. to outside, score five attempts.