

Squash: A History of the Game

Squash is a racket sport that is played by two or four players in a four-walled court with a small, hollow rubber ball. The game is played by hitting the ball against the walls of the court in such a way that it bounces back to the other player. Squash is a fast-paced and physically demanding sport that requires a high level of skill and fitness.



Squash: A History of the Game by James Zug

★ ★ ★ ★ ☆ 4 out of 5

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Origins of Squash

The origins of squash can be traced back to the 16th century, when a game called "jeu de paume" was played in France. Jeu de paume was played with a leather ball and a wooden racket, and it was similar to the modern game of tennis. In the 19th century, jeu de paume was brought to England by British soldiers who had served in France. The English modified the game and renamed it "squash."

The Early Years of Squash

Squash quickly became popular in England, and the first squash court was built in London in 1864. The game was initially played by wealthy men, but it soon spread to other social classes. In the early 20th century, squash was introduced to the United States and Canada, and it quickly became popular in those countries as well.

The Modern Era of Squash

Squash continued to grow in popularity throughout the 20th century, and it became a professional sport in the 1970s. The first World Squash Championships were held in 1976, and the sport has been included in the Commonwealth Games since 1998. Squash is now played in over 185 countries, and it is one of the most popular racket sports in the world.

The Equipment of Squash

Squash is played with a small, hollow rubber ball that is about 2 inches in diameter. The ball is hit with a racket that is made of wood or graphite. The racket has a long handle and a small, oval-shaped head.

The Court of Squash

Squash is played in a four-walled court that is 32 feet long, 21 feet wide, and 15 feet high. The court is divided in half by a net that is 5 feet high. The walls of the court are made of wood or glass, and the floor is made of a rubberized material.

The Rules of Squash

Squash is played by two or four players. The players take turns hitting the ball against the walls of the court in such a way that it bounces back to the

other player. The ball can be hit with any part of the racket, but it must be hit below the waist. The player who fails to return the ball loses the point.

The Scoring of Squash

Squash is played to 11 points. The first player to reach 11 points wins the game. If the score is tied at 10-10, the game is played to 12 points. The player who wins two out of three games wins the match.

The Benefits of Squash

Squash is a great way to get exercise and improve your fitness. It is a low-impact sport that is suitable for people of all ages and fitness levels. Squash is also a great way to relieve stress and improve your mental health.

Squash is a fun and challenging sport that can be enjoyed by people of all ages and fitness levels. It is a great way to get exercise, improve your fitness, and relieve stress. If you are looking for a new sport to try, squash is a great option.



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