



What is Big®Hand?



- Big®Hand is a two-sided hand bat designed to encourage beginners to develop sound racket sports stroking technique in a fun manner
- Big®Hand is best used with the Big®Hand foam ball, the characteristics of which have been carefully selected to give a slow, high bounce
- Games with Big®Hand can be played indoors (squash courts, gyms, halls) or outdoors (schoolyards, parks, gardens, tennis courts, at the beach)
- Big®Hand is ideal in group hand-eye coordination activity sessions for children, providing fun with an in-built racket skills learning component

Who Can Use Big®Hand?



- Anyone wanting to learn the basics of ball striking in racket sports, notably children in the age range 4 to 12 years and especially those who want to play but have limited hand-eye coordination skills
- Players of squash, tennis, table tennis and racketball, for all of whom the learned fundamentals are appropriate
- Experienced players wanting to eliminate faulty stroking technique
- People with disabilities
- Disadvantaged groups
- Clubs, associations and federations in their player development programmes
- School classes and community groups
- Social and leisure activity participants

Why Is Big®Hand So Effective?



- Having the plane of the open hand parallel to and between the bat faces naturally generates the proper orientation of the hitting arm at the impact point
- There is no handle so it is easy to make contact with the ball
- Beginners learn to swing fluently on both forehand and backhand sides before progressing to learn to grip a racket handle
- Extension of the bat faces over the wrist prevents the user from using rotation at the wrist to generate racket head speed ("floppy wrist syndrome")

Developing Squash Awareness



- Big®Hand is an integral part of school participation programmes for children from 4 to 12 years in which trained coaches conduct custom-designed, graded activity sessions using the Go Squash inflatable mini-squash court, Big®Hand bats, mini-squash rackets and Big®Hand foam balls
- Similar squash awareness sessions can be successfully conducted in local community clubs, in shopping centres, on streets and at town fairs, exhibitions and festivals

Further Information

Websites: Big Hand: www.bighandsports.com Go Squash: www.gosquash.com.au

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