

Midcourt Forehand and Backhand microcycle

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Squash Ghosting Foot Patterns
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♩ = 59

The musical score is written in 4/4 time with a tempo of 59 beats per minute. It consists of eight staves, each representing a different foot pattern. The first two staves (left drag and right drag) are grouped together, as are the last two (skip left and skip right). The middle four staves (left plant, right plant, left foot, and right foot) are also grouped. The score includes various musical notations such as notes, rests, and dynamic markings.

left drag
mf
Postrophe
Apostrophe

right drag

left plant
f

right plant

left foot
mp

right foot

skip left
mp

skip right