

The Croquet Club of Zurich

The Croquet coloured Balls



The croquet balls are available in the colours as shown above. Each Player is nominated a unique colour. Usually, the balls with colour blue, red, black yellow and green are also available with a white strip. The colour of the balls determines the order of starting the game, with blue being the first to start and brown the last to play.

Mallets

The mallets consist of two parts, the shafts and the mallet head. The shafts are available in different lengths and materials, ranging from timber to high-tech materials. The mallets can be cylindrical or rectangular in shape with the usual material being timber.

Shafts



Mallets



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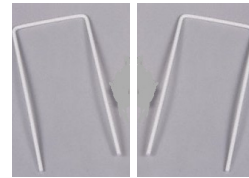
The field equipment

The stakes



Two pieces are essential

The hoops



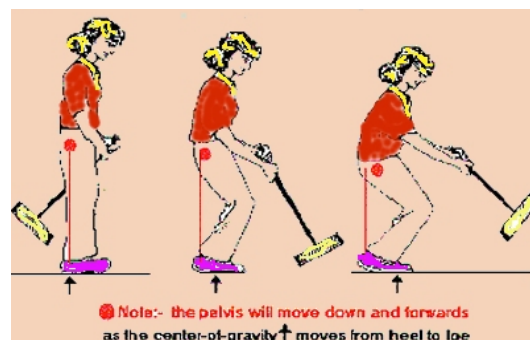
Nine pieces are a must. The hoops are also known as wickets and are available as vinyl dipped wire.



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The Croquet Techniques

Two significant factors make croquet a unique challenge for players. Firstly, the croquet stroke, fully exploits the game's potential for complex ball skills. Secondly, the balls and mallets are much heavier than the equipment for other ball sports. Croquet requires both powerful and gentle strokes.



Another common principle in ball sports is to make sure that all parts of the body that do move do so in the line of the intended aim. Effective athletic movement depends on contracting larger muscles before smaller muscles. Even gentle croquet strokes requiring little muscle activity will be less efficient if the hand muscles function before the forearm muscles. Depending on how much power is required, the main firing order should be: thigh muscles, back muscles, arm muscles, and then hand muscles. But the result will be better accuracy and better control - and you may even begin to look like a graceful human being, rather than a stiff and inept robot!

The croquet player must make sure of correct contact with the ball being played. The trick is to train your memory to retain the last vital look at the target and bring that image back to the striking zone so that it is associated with the ball you are hitting. The mallet should feel as if it is accelerating, or gaining speed, throughout the entire swing. This means it must seem to be gaining speed even after the ball is struck. To ensure that this happens, try focusing on the side of the ball opposite the point of impact and regard that point as the object to be hit. Good luck in perfecting your technique!