

SAFE Part One SQUASH



- ★ Solo practice ★ Social distance coaching ★
- ★ Play for those from the same household ★

Solo practice

Learning to control the ball, footwork and spatial awareness is essential when playing squash. Improving these fundamentals increases your skill level and gives you an upper hand in a competitive game against your opponent. These solo exercises will help you improve by practicing and ready you for your return to full court play/matches.

Solo Drills guide

FH – Forehand / BH – Backhand

- 1) 10 FH straight drive, first bounce past service line/hit/repeat
- 2) 10 FH straight drive, one bounce/glass/hit/repeat
- 3) 10 BH straight drive, first bounce past service line/hit/repeat
- 4) 10 BH straight drive, one bounce/glass/hit/repeat

Try to achieve the individual 4 drills above with 10 consecutive hits for each.

Make a note on how many you do first time and then improve next time you are on court. If you find this easy see how many you can get to consecutively!

Ghosting

Ghosting, with or without racket – 6 touch points to be run in numerical order.

See the diagram and example by Court 3 to show touch points.

A gentle way to move around the court and remember squash patterns, do not overdo it. This will get tougher in coming weeks!

