

SAFE ^{Part} Three

SQUASH



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

More focus on building your fitness and movement with ghosting and a solo challenge too.

Straight Drives

10 FH drives alternately above and below the service line

10 FH drives alternately short and long to move you backwards and forwards

10 BH drives alternately above and below the service line

10 BH drives alternately short and long to move you backwards and forwards

Mixed Drives

30 Mixed FH/BH drives - three good length drives, one high cross court, repeat continuously for 30 shots

Ghosting

To improve your ghosting and be more efficient when doing the drill use the 6-point pattern to help you with movement representing full court coverage.

Challenge

1) Ghosting – 6 touch points. 1 reps of 24 – time?

2) Ghosting – 6 touch points. 2 reps of 24 – time?

30 second rest between set

3) Ghosting – 6 touch points. 4 reps of 24 – time?

30 second rest between sets

Use your phone/watch and make a note of the first time you do any of the three challenges.

Compare times when you have another go in the coming days/weeks.

Please use numerical pattern when having a go at the challenge.

Go at your own pace/level and do not overdo it.

