

# SOLO PRACTICE

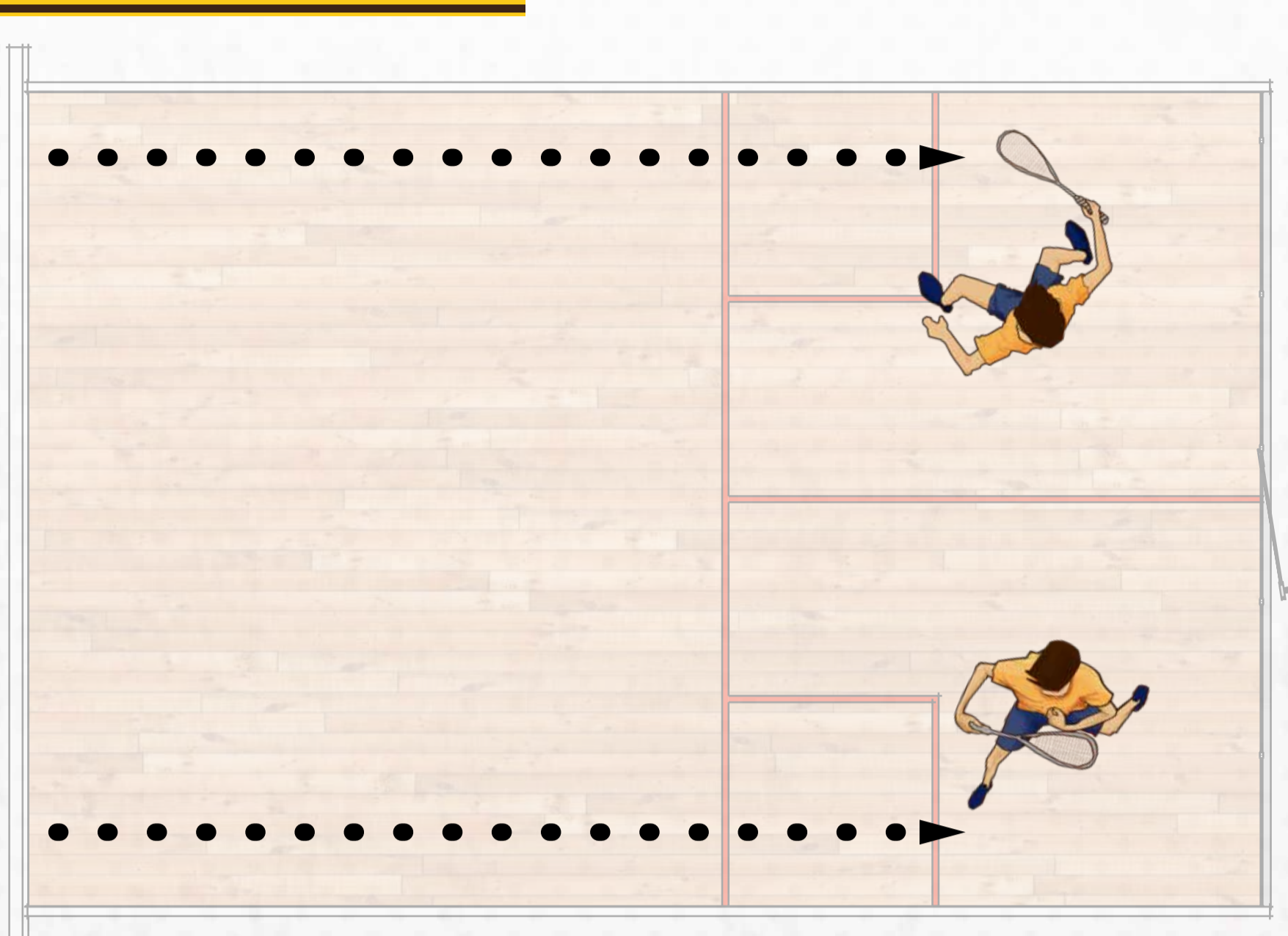
Learning to control the ball, footwork and spatial awareness is essential in playing squash. Improving these fundamentals increases your skill level and gives you an upper hand in a competitive game against your opponent. These solo practice exercises will help you improve by practicing against yourself.

## STRAIGHT DRIVES

Position yourself next to the wall doing straight drives.

**Aim to:**

- Project the ball as parallel and close to the wall as possible.
- Move forward and backward working on your forehand swing.
- Switch to the opposite side wall. Move forward and backward working on your backhand swing.

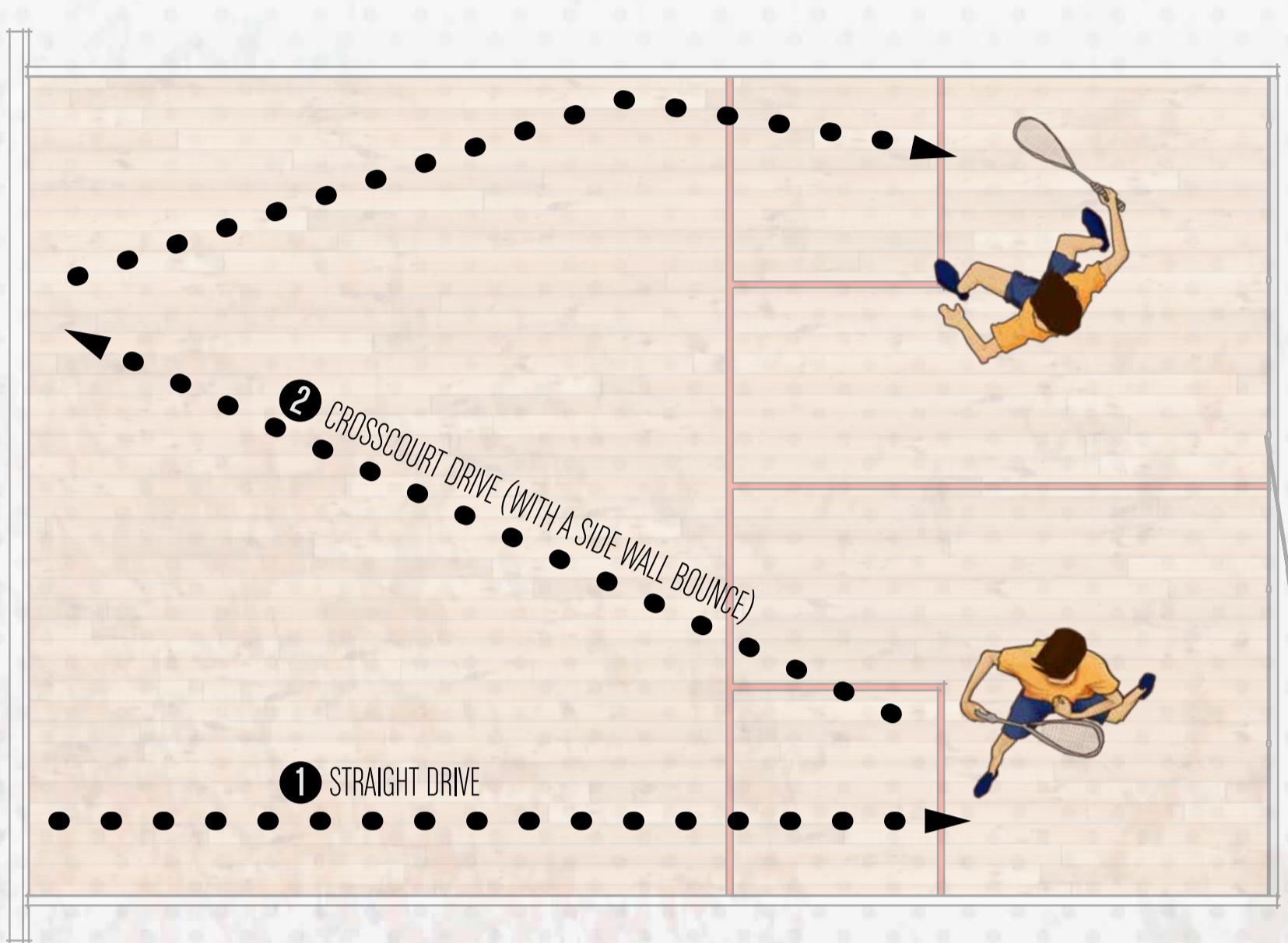


## STRAIGHT & CROSSCOURT DRIVES

Do a straight drive followed by a crosscourt drive catching the ball on the opposite side wall.

**Aim to:**

- Bounce the ball on the side wall with each crosscourt drive.
- Transition between backhand and forehand racquet control landing the ball as accurately as possible.
- Improve your footwork as you transition between the walls.

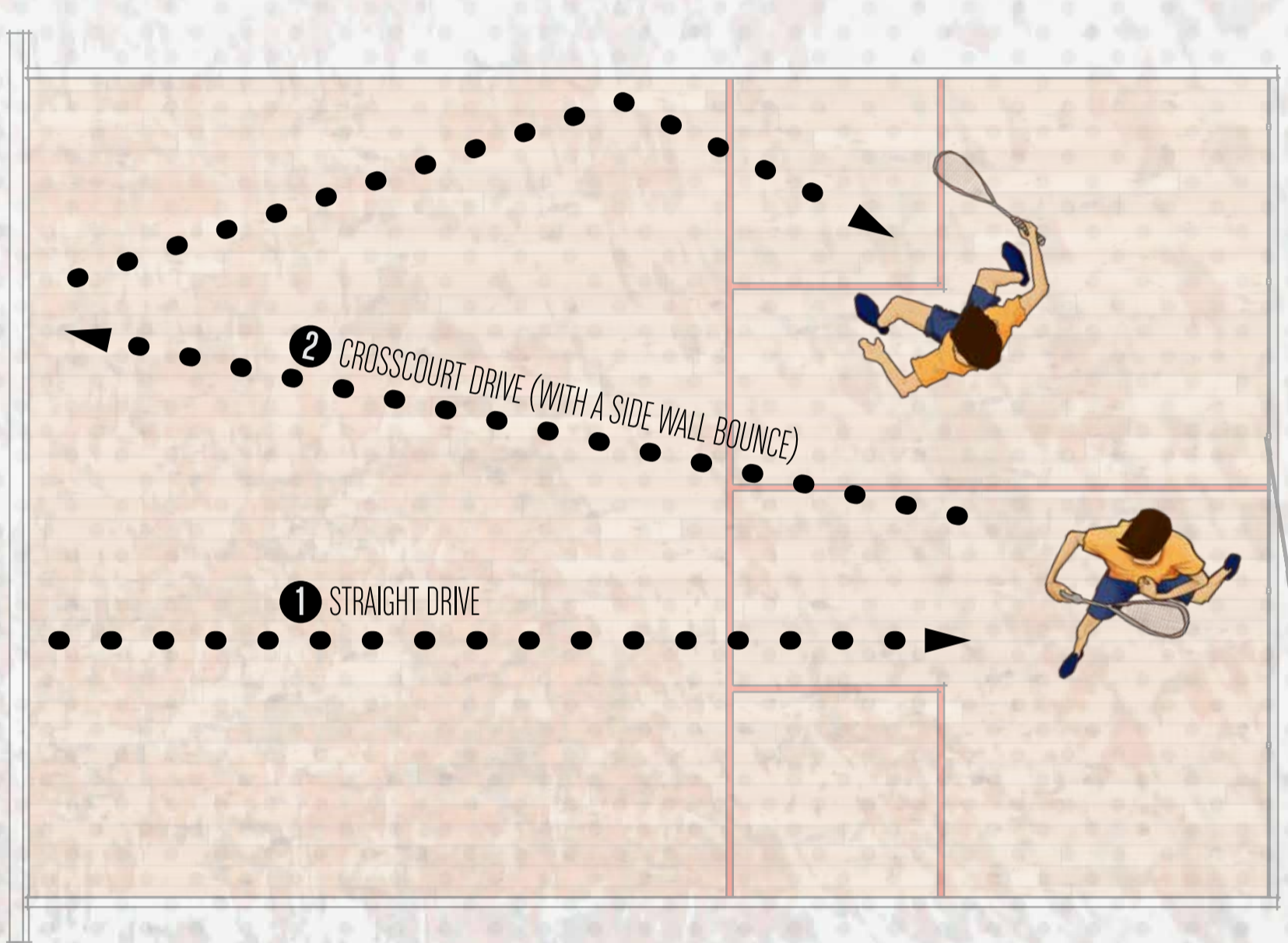


## STRAIGHT DRIVE & VOLLEY

Feed yourself the ball with a straight drive and volley making sure to bounce it on the side wall before making another straight drive.

**Aim to:**

- Make a strong drive on each straight drive and perform a different racquet position on every volley. Observe the reaction on your volleys.
- Keep yourself moving in and out of the 'T' on each shot coming from different angles of the court.

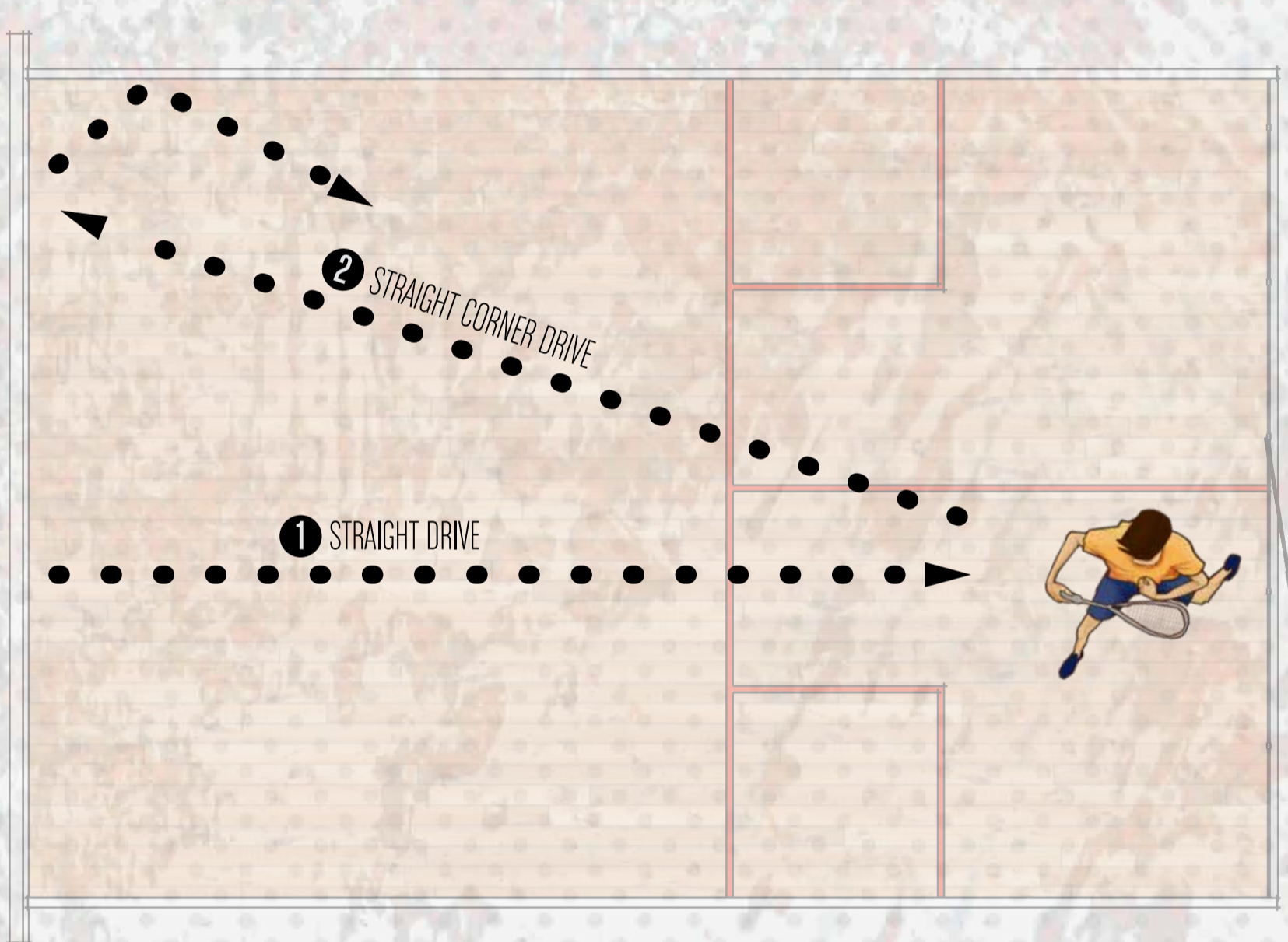


## STRAIGHT DRIVE & VOLLEY DROP

Feed yourself the ball with a straight drive and volley with a straight drop on the front wall or corner.

**Aim to:**

- Make a strong drive on each straight drive and perform a straight drop shot towards a corner. Make a mental note on your court positioning and racquet control on every volley.
- Keep yourself moving in and out of the 'T' on each shot coming from different angles of the court.

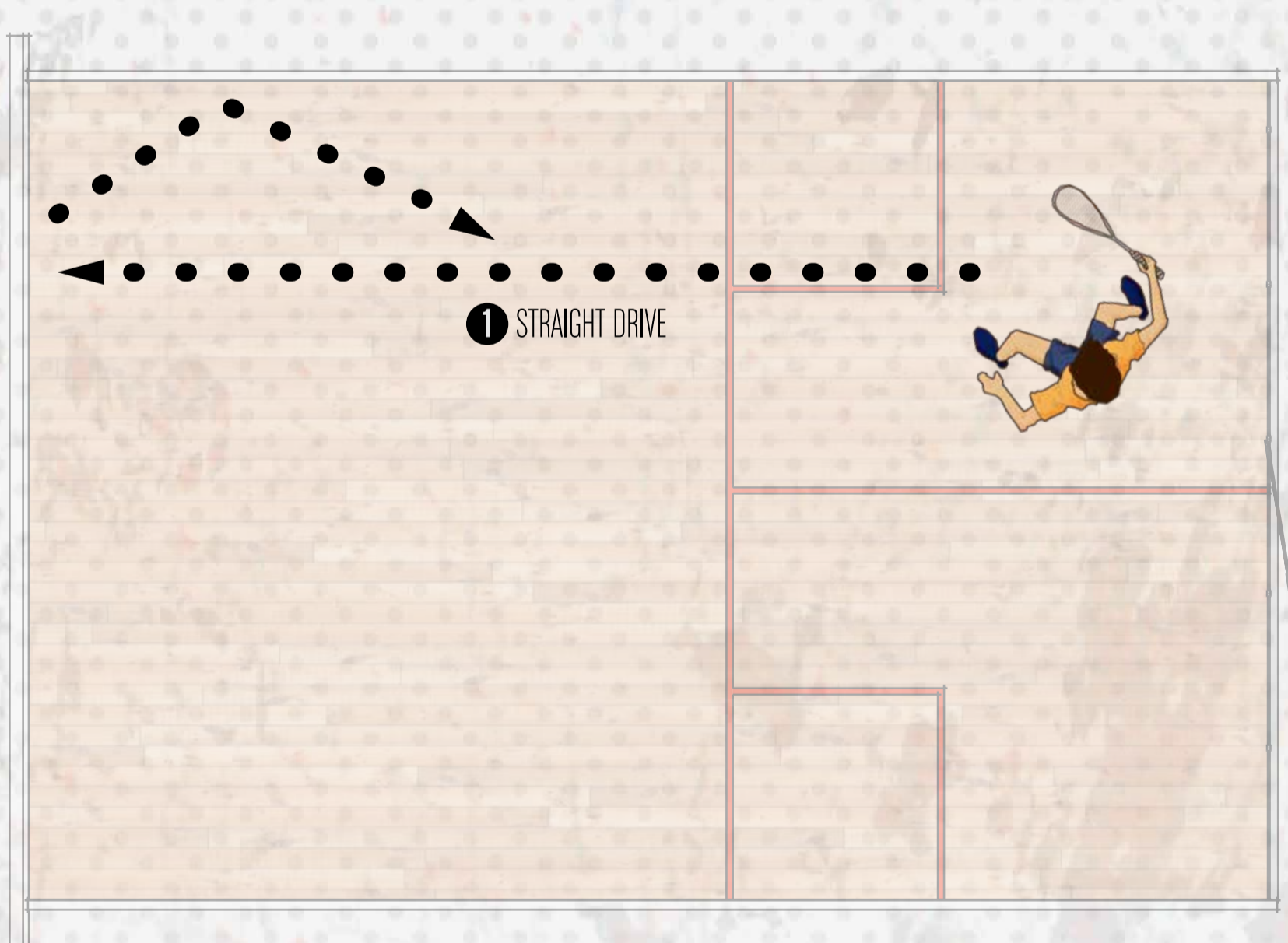


## FEED & STRAIGHT DRIVE

Position yourself next to the wall and feed the ball with a bounce. Make a straight strong drive keeping the ball trajectory parallel to the wall with a spin to bounce on the side wall.

**Aim to:**

- Spin the ball while keeping the trajectory straight.
- Note your position and racquet control while working on backhand and forehand drives.

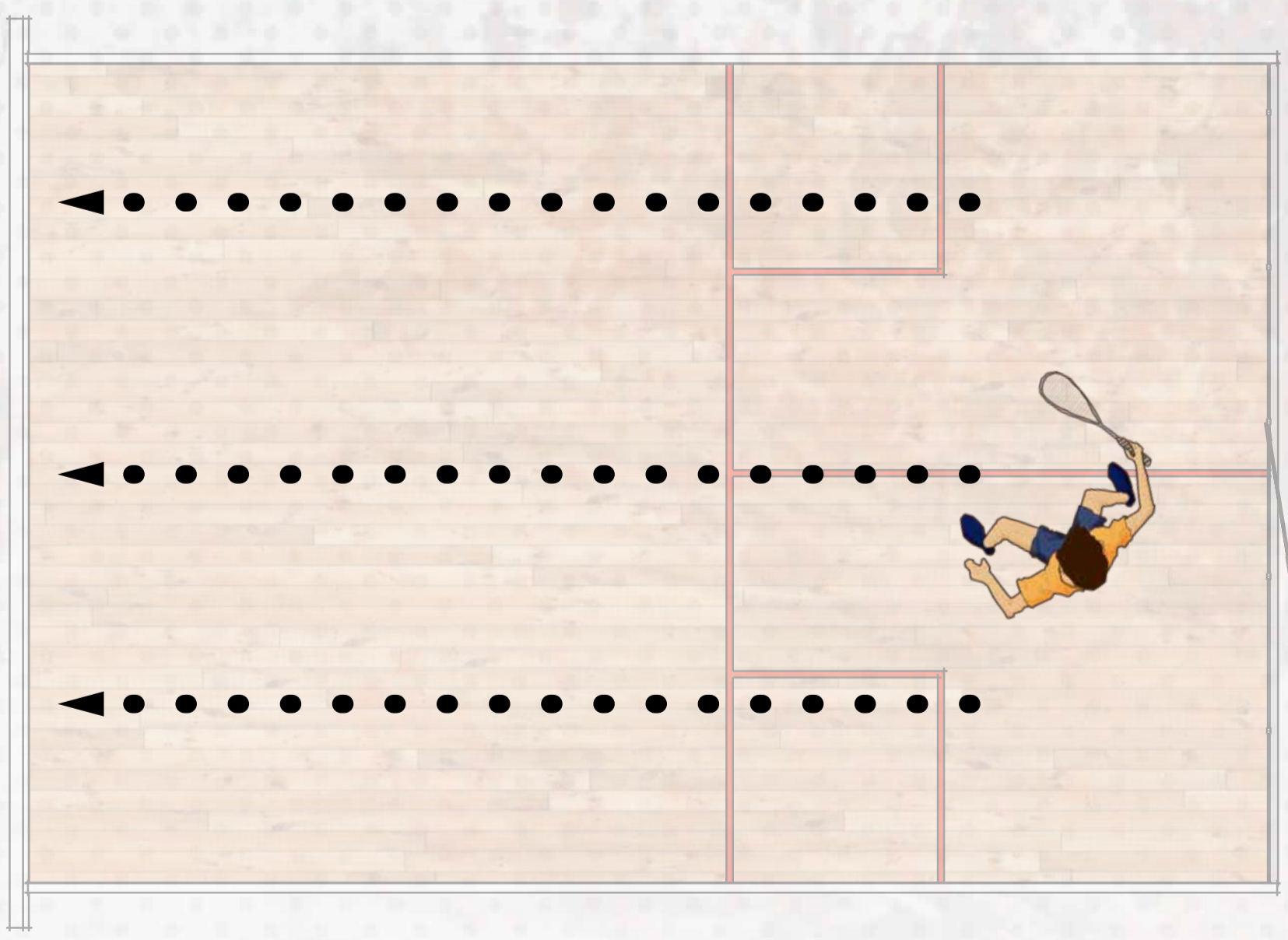


## TOP, MIDDLE & BOTTOM STRAIGHT DRIVE

Visually divide the front wall into 6 sections. Right, left, middle sections and above and below the service line. Shoot for all 6 sections in succession with straight serves, positioning yourself back to the 'T' after every shot.

**Aim to:**

- Work on your footwork as you go back and forth at the 'T' position from all angles of the court.
- Make notes on racquet position as you perform your swings.
- Transition between forehand and backhand serves.



## COUNTER DROP OFF OF THE BOUNCE

Position yourself between the short line and the front wall, close to a corner. Feed yourself the ball with a bounce and volley towards the corner with a counter drop off.

**Aim to:**

- Spin the ball from the front wall to the side wall making the drops as close to the wall as possible.
- Observe ball behavior between volleys.
- Work on your backhand and forehand racquet control.
- Work on your footwork as you make tighter corner volleys.

