

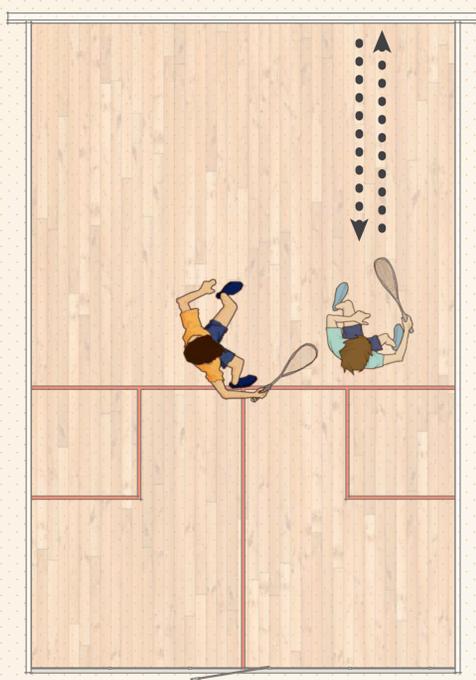
SQUASH TACTIC DRILLS

Considering how fast the pace is in a game of squash, there is very little time to come up with a strategy. A player can come up with a strategy but can only do so while playing the rally and observing the opponent at the same time. Between 2 skilled players, they will wait until an opportunity rises to play a series of shots to take command of the game. Recognizing and reacting to the opportunity as it presents itself will rely on muscle memory and skill of each player.

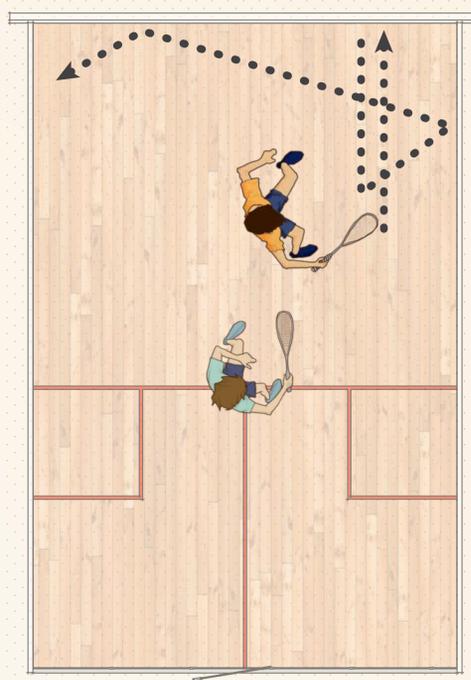
These practice drills are designed to work on muscle memory for when a shot is played during an actual rally. Each drill is best played with a partner to simulate actual game play with each rally progressing towards a hard return shot on an actual game.

DRILL 1: Straight drives to a volley

This drill forces your opponent to play the ball on one corner of the court at a high speed and the rest of the court unguarded.



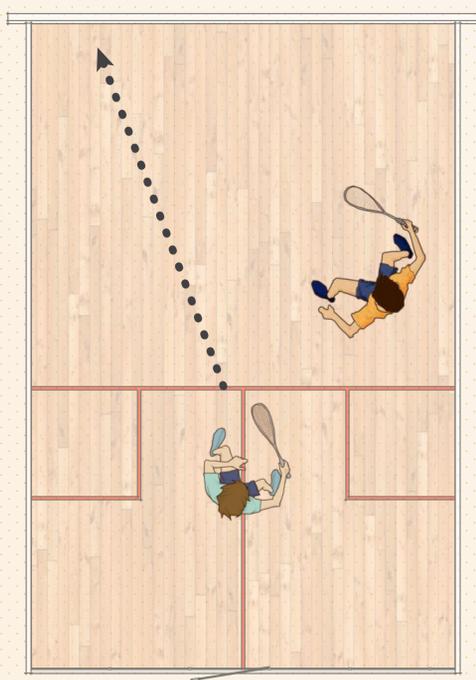
1 Do low straight drive rotations from below the service box.



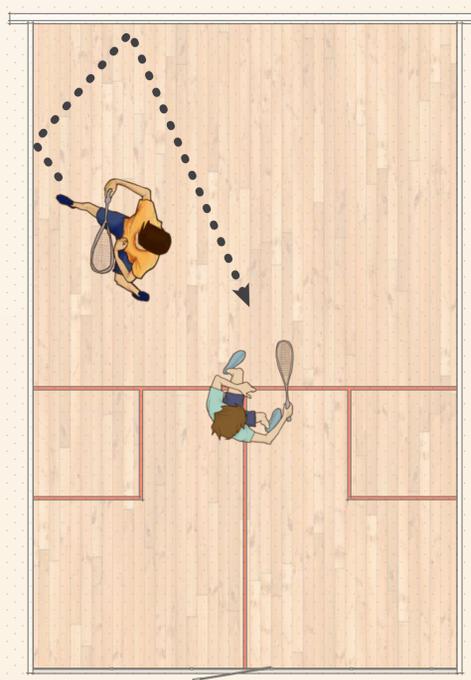
2 At the end of the rally, make a volley with a cross court drive or a boast to the opposite corner of the front wall.

DRILL 2: Drive to a working boast

This drill simulates a drive from behind you during a game and returning it with a working boast to take lead of the rally from any position on the court.



1 Position your partner behind the T making a low drive on one side of the court.



2 Return the drive with a working boast back to the T position and cycle back to the opposite side of the court.