JOUASH MATCH



An athlete or coach will always tell you to warm up before a match. Whether it's just a simple sparring match or a tournament, it's always important to get your body and mind to function the way it's supposed to during the match. A squash warm up should not last longer than an hour with the intention of increasing blood circulation, raising body temperature and increase the heart rate while preparing the muscles to perform sudden movements and explosive tasks.

HY/ICAL MATCH PREPARATION

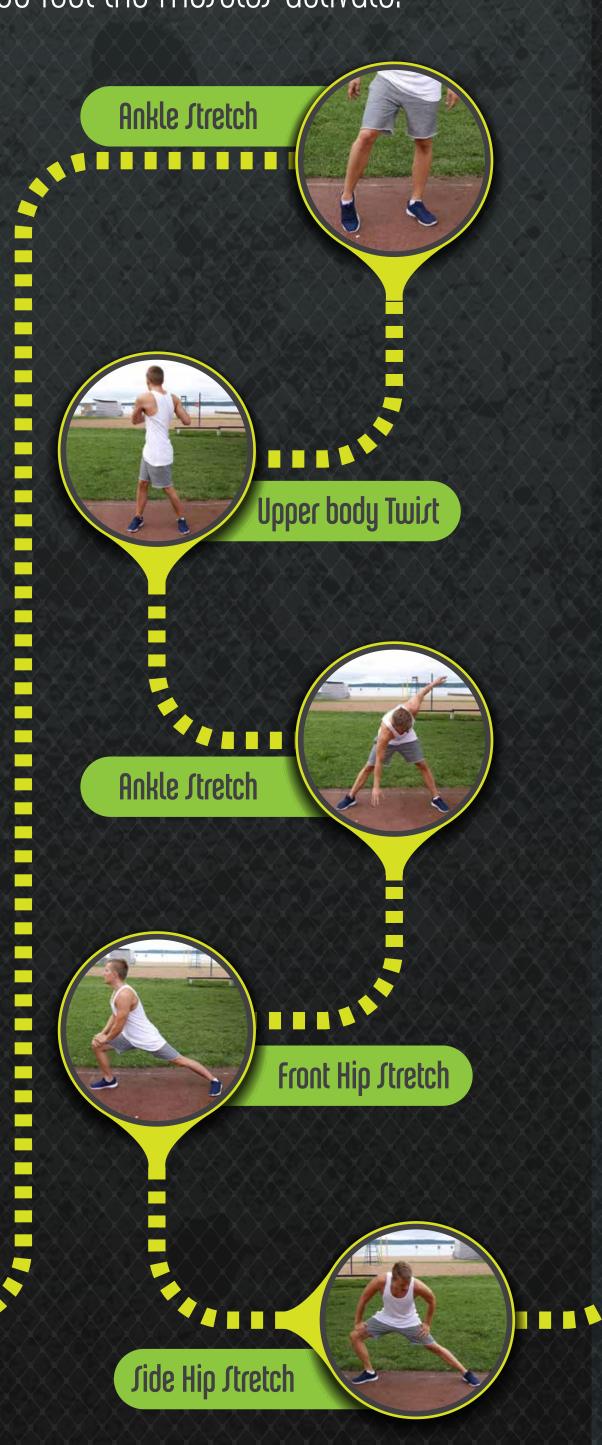
General body warm up

Light to moderate activities such as running, jumping or squats. This activity get the murcler lubricated and warm.



Specific muscle stretches

Stretching the muscles prevent injuries from explosive movements. Hold the stretch for at least 10-20 seconds until you feel the murcler activate.



Squash specific warm up

Loading pressure to the muscles involving movements for squash with a slightly higher intensity than previous exercises without overloading.



SHILLS WARM UP

Ghosted Court Movements

Low Squatr

Ghosted court movements improves your spatial awareness of the court. With the racquet on hand practice your swing moving back and forth with increasing intensity across the entire court.



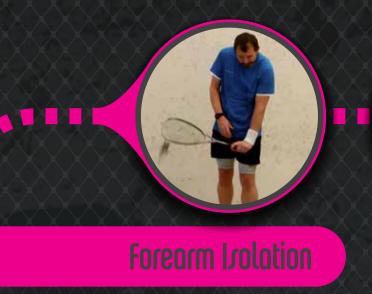
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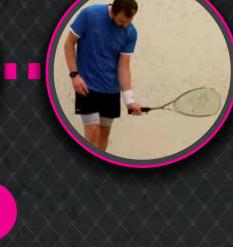
Mental Rehearsal

Mentally perform the exercises as if playing against someone on the actual game. The exercises can be performed more efficiently by predicting court movements against your opponent.

Racquet Swings

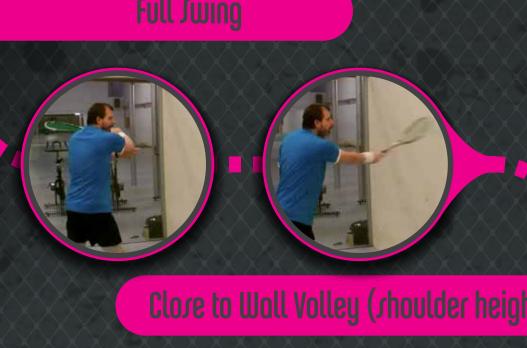
Racquet swings prepares your wrist, arms and torso for the match. This can be done with or without the ball with increasing intensity.















SOURCE:













