

# SQUASH MATCH WARM UP

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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.

## PHYSICAL MATCH PREPARATION

### General body warm up

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

Shoulder Shrug

High Knees

Backward Kicks

Vertical Jump

Jumping Jacks

High Knee Jumps

Low Squats

### Specific muscle stretchers

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

Ankle Stretch

Upper body Twist

Ankle Stretch

Front Hip Stretch

Side Hip Stretch

### Squash specific warm up

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

Side Strides

Forward High Knee Strides

Lunge & Twist

Leg Swings

One Arm Swings

Two Arm Swings

Feet Shuffle

Forward Lunge

## SKILLS WARM UP

### Ghosted Court Movements

Ghosted court movements improve 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.

Serve line to serve line

Center serve box to center

Side wall to side wall lunge

Diagonal cross court swings

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

Forearm Isolation

Tense Full Swing (controlled)

Full Swing

Close to Wall Volley (shoulder height)

Close to Wall Volley (overhead)

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