

Nailing The Basics



Example Exercises

These are some example exercises that you can incorporate into your weekly training in order to Nail The Basics.

Simple Shot Quality

- * Rotating Drives
- * Drop Drive
- * Crosscourt Deep Game

Limiting your opponents options

- * Rotating drives, if your opponent boasts then you can do anything.
- * Channel game, force a boast/back wall boast then you can do anything.
- * Length game, you win if you manage to get on the volley.

Movement & Positioning

- * 2 straight drives then drop or cross deep option.
- * Boast, Crosscourt Drive, Cross court nick if the drive hits the side wall.
- * Drive, Drive, Boast.
- * Ghosting

Conditioned Games

- * Length Game anything off of the short ball.
- * Length game 3 shots to win.
- * Normal Squash to finish.

SCAN HERE FOR
THE VIDEO

