



# SCOTTISH SQUASH PREPARE FOR A RETURN TO SQUASH



## MOBILITY

### *BALS Warm Up & Greg Lobban Mobility Session*

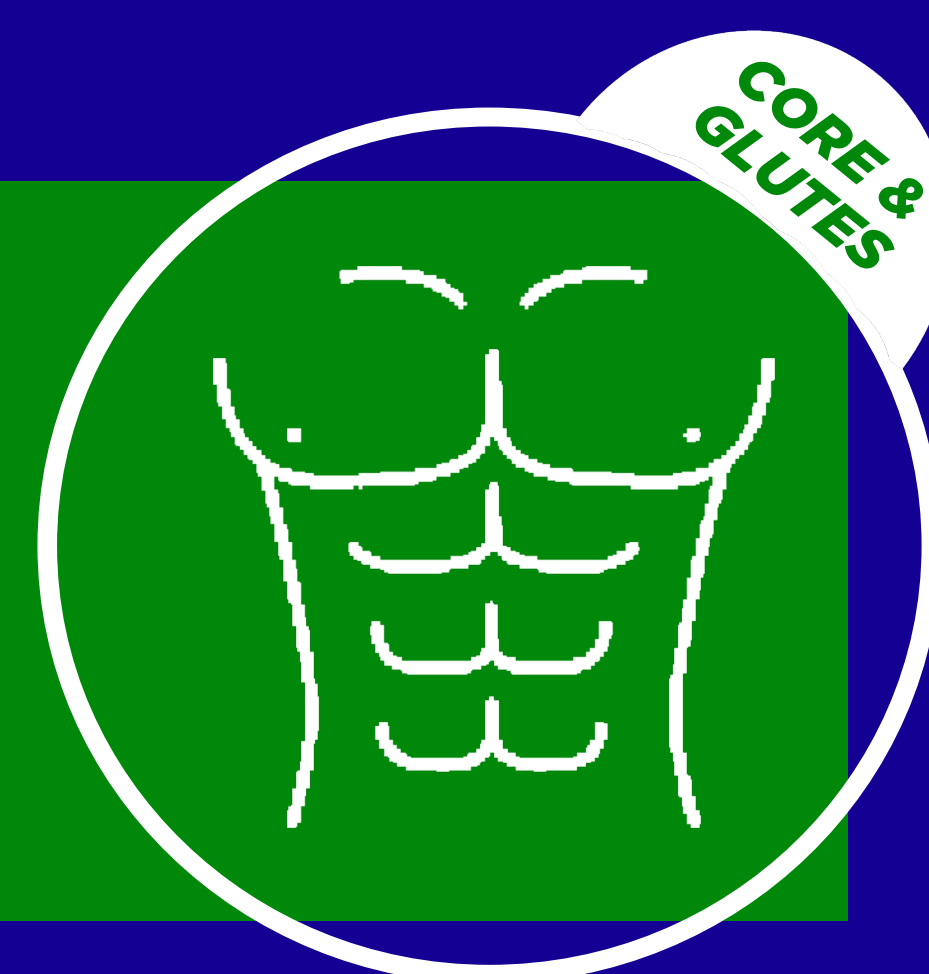
- \* Important area to work on in preventing injury at extension.
- \* Can be done on its own or as a warm up to another session.
- \* BALS Warm Up video provides details of targeted areas.
- \* Greg Lobban Mobility can be done in a follow along format.



## CORE

### *Laying the foundations - Developing Core & Glute Strength*

- \* Detailed explanation can be found on the video of 7 exercises.
- \* These 7 exercises can be done in order and in a circuit format.
- \* 15-30 Seconds rest between each exercise, 1 minute break after 7.
- \* 2-4 full sets of exercises depending on level.



## FOOTWORK

### *Stay at home - Footwork 1 & 2*

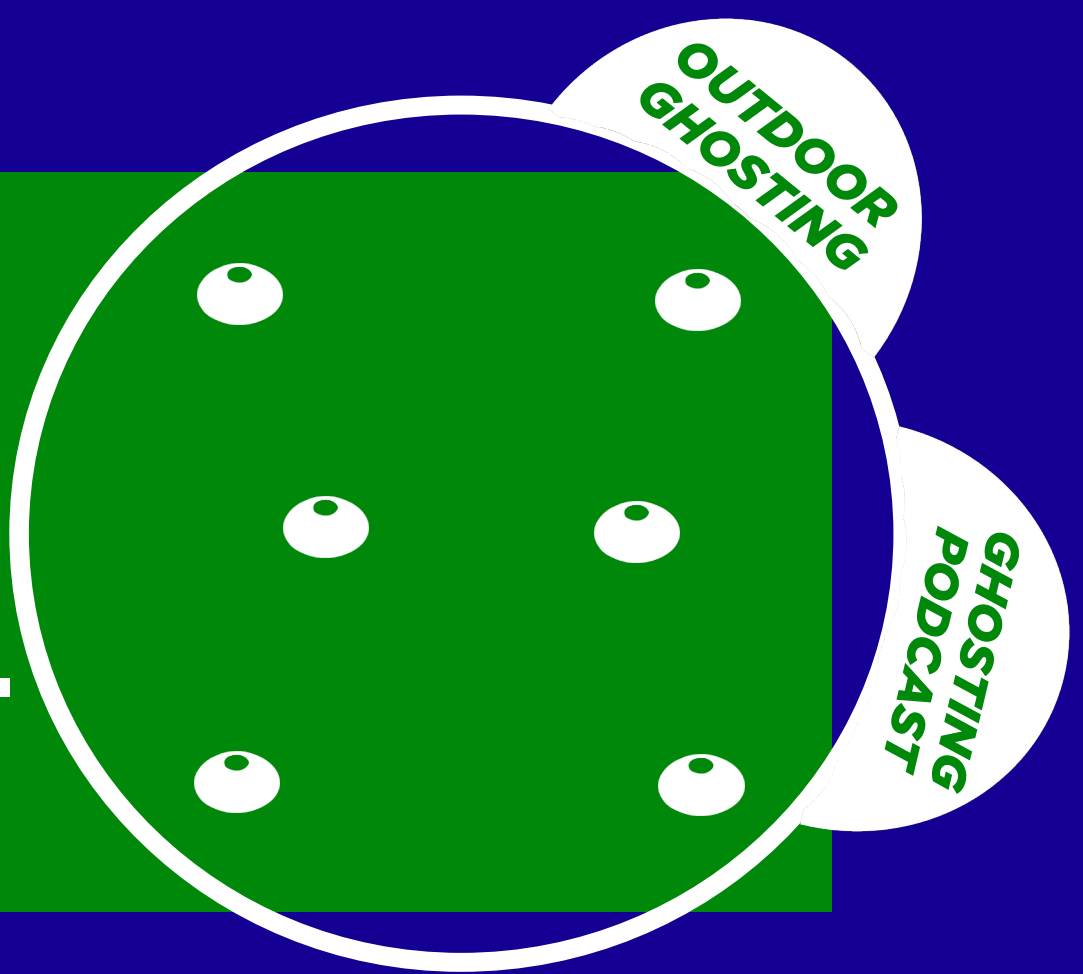
- \* It's important with speed work that we get the work/rest ratio right.
- \* We would recommend 15s/45s or 30s/1min Work/Rest ratio.
- \* You could do 5 sets on each exercise for a good 20-30 minute session.
- \* Starting with Footwork 1 & progressing to Footwork 2 separately.



## GHOSTING

### *Stay at home - Outdoor Ghosting 1 & SS Podcast - Ghosting*

- \* Moving towards more realistic, squash specific movements.
- \* Info on different ghosting sessions on Scottish Squash podcast.
- \* We recommend a gradual increase in intensity and end lunge size.
- \* Session length could also be gradually increased.



## RECOVERY

### *Foam Rolling Video & Cool Down 1*

- \* Managing soreness and preventing injury post sessions.
- \* We recommend taking time to cool down/foam roll post sessions.
- \* Try choosing exercises from the video that could target your sore areas.

