



Solo Squash



#STAYATHOME - PODCASTS



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MINDSET

EPISODE 29 - IN THIS EPISODE JEFFREY WEBSTER (PERFORMANCE PSYCHOLOGY CONSULTANT GIVES US AN INSIGHT INTO YOUR OWN MENTAL WELLBEING THROUGH COVID-19 AND HOW YOU CAN USE THIS TIME TO DEVELOP YOUR MENTAL PERFORMANCE



MINDFULNESS

EPISODE 28 - EXPLORING MINDFULNESS WITH NATIONAL COACH PAUL BELL AND TOP 30 PRO PLAYER OLIVIA BLATCHFORD-CLYNE



MOVEMENT

EPISODE 27 - PAUL BELL, KEVIN MORAN & KYLIE LINDSAY TALK MOVEMENT, THE DIFFERENT TYPES AND DEVELOPING THE SEPARATE AREAS THAT THIS VAST SUBJECT IS SPLIT INTO.



REVIEWING TOOLS

EPISODE 26 - IN THIS EPISODE THE SCOTTISH SQUASH STAFF DISCUSS THE TOOLS THE PROS USE TO REVIEW TRAINING, MATCHES & EVERYTHING ELSE THAT COULD HELP IN THEIR TRAINING AND FUTURE PERFORMANCE



GHOSTING

EPISODE 25 - WHETHER IT'S INSIDE OR OUTSIDE, GHOSTING IS A MASSIVE PART OF SQUASH TRAINING. IN THIS EPISODE THE TEAM DISCUSS THE DIFFERENT TYPE OF GHOSTING THAT COULD BENEFIT YOUR GAME IN THE LONG AND SHORT RUN.

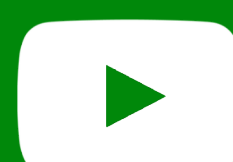
SOLO OF THE DAY SERIES

ALL SOLO DRILLS CAN BE FOUND ON THE 'SOLO OF THE DAY' PLAYLIST ON THE SCOTTISH SQUASH YOUTUBE CHANNEL

DAY 1 - QUICK CORNER HIT VOLLEYS



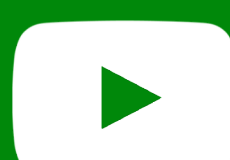
DAY 5 - 1 STRAIGHT 1 CROSS VOLLEYS



DAY 9 - SECOND BOUNCE TARGET



DAY 2 - ALTERNATING LEG VOLLEYS



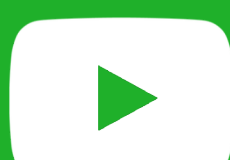
DAY 6 - SIDE TO SIDE VOLLEYS



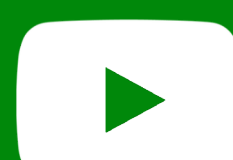
DAY 10 - BOAST DROP DROP



DAY 3 - SIDE - SIDE - FRONT VOLLEYS



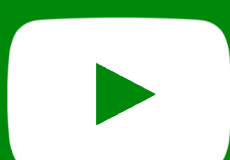
DAY 7 - SERVICE BOX ABOVE - BELOW



DAY 11 - BOAST AND CROSSCOURT LOB



DAY 4 - CONTINUOUS DRIVING



DAY 8 - CROSSCOURT FEED TO BIG NICK



DAY 12 - FEED AND DROP



GUIDED SERIES (NEW)

Guided Ghosting 1

Head to the court and link up the headphones as Paul Bell talks you through a follow along session based on FOOTWORK. Available on Spotify, Podbean & Apple Music



Guided Ghosting 2

Head to the court and link up the headphones as Paul Bell talks you through a follow along session based on SPEED VARIATION. Available on Spotify, Podbean & Apple Music



Guided Solo 1

Head to the court and link up the headphones as Paul Bell talks you through a follow along MATCH PLAY M.O.T session. Available on Spotify, Podbean & Apple Music



NAILING THE BASICS - SOLO SHEET

SIMILAR TO THE SOLO OF THE DAY SERIES.

THIS DOCUMENT FEATURES 7 SOLO EXERCISES EACH EXERCISE HAS AN 'AIM', 'PROCESS 1' & 'PROCESS 2' IN ORDER TO HELP PLAYERS UNDERSTAND WHY THEY SHOULD DO THEM AND WHAT TO FOCUS ON TO GET THE MOST OF EACH EXERCISE AND YOUR SOLO PRACTICE AS A WHOLE.

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Nailing The Basics

Solo Drills - 1

Executing the simple shots effectively to limit your opponents options and set up opportunities to attack and increase pressure.

- Simple Straight Drives**
Aim: Avoiding the side wall with the straight drive.
Process 1: Movement in and out/forward-slit.
Process 2: Straighten through the shot.
- Straight Drive then Crosscourt Drive**
Aim: Guard your opponent's shot.
Process 1: Adjusting the footwork to create the right angle.
Process 2: Straighten through the shot.
- Feed and Volley Straight Drive**
Aim: Get the ball bouncing back to the back wall to create a high time when your opponent is out of position.
Process 1: Your own movement gets the ball in order to give yourself the appropriate space.
Process 2: Being loose and through the ball.
- Feed and Volley Straight Drop**
Aim: Get the ball through the front wall to the side wall.
Process 1: Adjusting the footwork to create the right angle.
Process 2: Straighten through the ball with a straight drive.
- Feed and Straight Drive off of the bounce**
Aim: Keep opponents out of position by using the side wall to create a high time when your opponent is out of position.
Process 1: Your own movement gets the ball in order to give yourself the appropriate space.
Process 2: Being loose and through the ball.
- Top, Middle & Bottom Straight Drives**
Aim: Keep opponents out of position by using the side wall to create a high time when your opponent is out of position.
Process 1: Adjusting the footwork to create the right angle.
Process 2: Straighten through the shot.
- Feed and Straight Counter Drop off of the bounce**
Aim: Keep opponents out of position by using the side wall to create a high time when your opponent is out of position.
Process 1: Your own movement gets the ball in order to give yourself the appropriate space.
Process 2: Being loose and through the ball.



PREPARE FOR A RETURN TO SQUASH

AFTER MANY MONTHS OFF COURT THE LAST THING YOU WANT TO DO IS GET INJURED ON YOUR RETURN TO ACTION - LEAVING YOURSELF ON THE SIDELINES ONCE AGAIN.

AS THE OLD ADAGE GOES - 'FAIL TO PREPARE, PREPARE TO FAIL'.

THIS INTERACTIVE TRAINING RESOURCE CAN BE USED BY ANY AND EVERYONE IN ANTICIPATION AND DURING A RETURN TO SQUASH.

CLICK

