003/100

SQUASH INSIGHTS

Highlight

Solo drills develop skill.

Condition games transfer that skill into match play.

Explanation

In combination with coaching, hitting the ball alone on court is the best way to improve and learn new skills.

Hitting great shots when you are alone is only the start though. You need to be able to do that in real world match situations.

The limits provided by condition games provide the perfect opportunity to take the skill you developed alone and put it match play.

On Court

Identify your biggest technical weakness and perform solo drills address that area of your game. Once you feel an improvement, invent or use a condition game that utilises that skill.

For example, your counter drop needs work: practice drops from self-boasts using a red or yellow dot ball. Play a condition game where ever boast MUST be dropped.

The key is to select the right level of condition game to challenge your weakness.