

VISUALISATION NUMBER 1



CHALLENGE YOURSELF TO IMPROVE!

OVERVIEW:

SITTING QUIETLY FOR 90 SECONDS EACH, YOU VISUALISE DIFFERENT SITUATIONS TO INTRODUCE THE CONCEPT OF VISUALISATION

BENEFITS:

- CONCENTRATION
- SHOT SELECTION
- EMOTIONAL CONTROL
- NERVES' MANAGEMENT
- SELF-CONFIDENCE

PREREQUISITES & TARGET AUDIENCE:

- A STRONG DESIRE TO IMPROVE
- ANY STANDARD OR EXPERIENCE
- CAN BE PERFORMED IN CONJUNCTION WITH OTHER CHALLENGES

CHALLENGE:

**10-DAY
GUIDED
VISUALISATION**

ADVICE

DO NOT WORRY IF YOU LOSE CONCENTRATION DURING THE VISUALISATION, JUST DO YOUR BEST TO STAY FOCUSED. THE MORE SENSES YOU CAN USE; SIGHT, SOUND, SMELL TOUCH, THE MORE BENEFIT YOU WILL GAIN.

DAILY CHECK BOX TRACKER AND NOTES

DAY 01: WALK AROUND YOUR FACILITY

DAY 06: SIMPLE SOLO SHOTS CLOSE TO THE FRONT WALL

DAY 02: GET CHANGED

DAY 07: VOLLEYS FROM MIDDLE

DAY 03: EXPLORE THE COURT

DAY 08: DRIVES FROM THE BACK

DAY 04: HEAT UP

DAY 09: KNOCK UP WITH OPPONENT

DAY 05: SWING THE RACKET & HOLD THE BALL

DAY 10: PLAY A FEW POINTS

TIME/LOCATION

YOUR NOTES AND OBSERVATIONS

WATCH THE VIDEO



DO SOMETHING EVERY SINGLE DAY TO IMPROVE YOUR SQUASH

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