

SHOT BUDGET

A Shot Selection Plan from BetterSquash.com

INTRO

Having a gameplan is very important because you don't have to make a split-second decision each time you hit the ball. The **Shot Budget** plan assigns a cost to 4 different types of shots. Don't worry though, you don't have to keep the total cost in your head as you play. Just become aware of how much each type of shot costs and play frugally!

"Spend your squash budget wisely!"

TYPES

RED=DEFENSE: Shots where you are under pressure.

AMBER=PROBING: Shots where you try to create an opportunity.

GREEN=ATTACK: Aggressive probing shots that are a little more risky.

YELLOW&BLACK=KILL: Total commitment to win the point on that shot.

"Save for a rainy squash day!"

COST

RED=DEFENSE: Free - play as many as you want.

AMBER=PROBING: \$1 - Keep your shots tight and wide.

GREEN=ATTACK: \$5 - Don't leave yourself exposed though.

YELLOW&BLACK=KILL: \$15 - You better not miss!

FINAL THOUGHTS

1. Perfect for players who lack willpower or don't have a basic gameplan.
2. Coaches can adjust the costs & redefine the types of shots if need be.
3. Just be aware of each type of shot's cost. Don't keep a total in your head.
4. Spend as little money as possible. Be frugal!
5. Track your "spending" over a whole season.

WATCH THE VIDEO



Do something every single day to improve your squash!