

BETTERSQUASH Challenges: Sample 2

*This group of challenges focuses on adjusting and controlling the pace of your shots, and becoming more tactically aware of the benefit of pace control.
Make minor adjustments to suit your level, objectives and commitment.*

Video



Discord



SOLO DRILL CHALLENGE

Description:	Select two drills, one where you hit one hard and one softer. Alternate each drill every 30 secs for the power drill and 1 minute for the softer drill, for 6 times. Then swap sides. If you select a drill that uses forehand AND backhand, just repeat it instead of swapping sides. Times are approximate.				
Purpose:	To focus your attention on constantly adjusting your pace and control.				
Progressions:	1. START: 70% max. 2. REFINE: 80% max. 3. OPTIMISE: 90% max. 4. MASTER: 100% max. The percentages shown above are your maximum hitting power on the power hitting drill.				
Dates Completed:					
Your Notes:					

PAIRS' CHALLENGE

Description:	Deep crosscourt drives from the back. Both players standing near their respective back corners.				
Purpose:	To focus your attention on deep drive angles and hitting consistent shots even when your opponent isn't.				
Progressions:	All shots should hit the side wall after the service box. Another progression can be limiting the height on the side wall, e.g. no higher than shoulder height. Progressions are combined shots (both players) with mistakes or even better no mistakes. 1. START: 15 shots. 2. REFINE: 25 Shots. 3. OPTIMISE: 40 Shots. 4. MASTER: 60 Shots				
Dates Completed:					
Your Notes:					

CONDITION GAME CHALLENGE

Description:	After a serve, the rally continues only on the side the service return was played from. No strokes, so play safely. Use lobs from the front. Use the full length of the court. Play with a single yellow or even a red dot. Depending on the level of both players, you may need to include an occasional drill to get and keep the ball hot.				
Purpose:	To focus your attention on straight service returns and using the full height of the front wall AND the full length of the court.				
Progressions:	There are no progressions for this challenge in this group. Just play the condition game to the best of your ability. However, you can progress by limiting the width the ball must stay in. For example, within the service box width - but that is optional for this month.				
Dates Completed:					
Your Notes:					

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MATCH CHALLENGE						
Description:	Hit every single shot at a different speed.					
Purpose:	To focus your attention on pace control.					
Progressions:	1. START: One rally per game. 2. REFINE: Three rallies per game. 3. OPTIMISE: The first 5 rallies per game. 4. MASTER: Every rally when you are receiving serve.					
Dates Completed:						
Your Notes:						

MINDSET CHALLENGE	
Description:	Replace outcome with process. For the next month, try to forget about the score or winning or losing, and pay attention to doing the things that will make you a better squash player. Reframe "winning" to "Improving". This may include playing more straight shots, lobbing when under pressure (instead of going for a winner!) or just focusing on making the better shot selection when you are tired.
Purpose:	To finish each time on court (training sessions and matches) with the phrase: <i>I improved and/or learnt something today.</i>
Progressions:	STAGE 1: One training session or match this week. STAGE 2: Two training sessions or matches this week. STAGE 3: Three training sessions or matches this week. STAGE 4: Every time you are on court this week.
Your Notes:	

PHYSICAL/FITNESS CHALLENGE										
Description:	Forearm Rotations, ideally close to a wall, but that's not necessary.									
Purpose:	To strengthen your forearm rotation and develop the ability to hold your wrist firm and rotate your forearm.									
Progressions:	WEEK 1: 100 rotations twice this week. WEEK 2: 150 rotations 3 times this week. WEEK 3: 200 rotations 4 times this week. WEEK 4: 250 rotations 5/6 times this week. NOTE: This is a very approximate guide, perform as many rotations per day/week as often as you feel comfortable doing.									
Dates Completed:										
Your Notes:										