

# **BETTERSQUASH Challenges: Sample 1**

*This group of challenges focuses on the basics of good squash: deep consistent drives and controlled boasts. Make minor adjustments to the progressions guides to suit your level, objectives and commitment.*

Video



Discord



## SOLO DRILL CHALLENGE

<b>Description:</b>	Perform any drill of your choice with no mistakes. Ensure you set fair but challenging criteria.						
<b>Purpose:</b>	To focus your attention on consistency. It's better to start with wider criteria and over time decrease that. If you can do 100 shots with limited criteria, it's time to move onto using targets.						
<b>Progressions:</b>	1. <b>START:</b> 25 Shots. 2. <b>REFINE:</b> 50 Shots. 3. <b>OPTIMISE:</b> 75 Shots. 4. <b>MASTER:</b> 100 Shots.						
<b>Dates Completed:</b>							
<b>Your Notes:</b>							

## PAIRS' CHALLENGE

<b>Description:</b>	Boast and Drive, where each player hits their shots within service box width. Second bounce for the boaster.					
<b>Purpose:</b>	To focus your attention on quality shots. Start the drill with both players working cooperatively, but then move to competitively during the progressions.					
<b>Progressions:</b>	1. <b>START:</b> Combined total of 15 shots. 2. <b>REFINE:</b> 25 Shots. 3. <b>OPTIMISE:</b> 30 Shots, but the boaster is trying to hit perfect working boasts. 4. <b>MASTER:</b> 35 Shots, but the boaster is trying to hit perfect working boasts AND the driver is trying to hit shots too tight to return.					
<b>Dates Completed:</b>						
<b>Your Notes:</b>						

## CONDITION GAME CHALLENGE

<b>Description:</b>	Two serve per rally					
<b>Purpose:</b>	To help you understand that the serve is a very powerful tool when used correctly.					
<b>Progressions:</b>	1. <b>START:</b> Every point has two serves. 2. <b>REFINE:</b> The player losing has two serves every point until the score is even. 3. <b>OPTIMISE:</b> Each player has 5 points per game where they are allowed two serves. 4. <b>MASTER:</b> Each player has 2 points per game where they are allowed two serves.					
<b>Dates Completed:</b>						
<b>Your Notes:</b>						

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MATCH CHALLENGE						
<b>Description:</b>	Try to stop the ball from hitting the back wall.					
<b>Purpose:</b>	To focus your attention on your ability to intercept the ball and hopefully volley more often.					
<b>Progressions:</b>	1. <b>START:</b> One rally per game. 2. <b>REFINE:</b> Three rallies per game. 3. <b>OPTIMISE:</b> The first 5 rallies per game. 4. <b>MASTER:</b> Every rally when you are receiving serve.					
<b>Dates Completed:</b>						
<b>Your Notes:</b>						

MINDSET CHALLENGE	
<b>Description:</b>	Turn Anger into Analysis: Reframe Mistakes as Data – Instead of getting frustrated, treat every error as valuable feedback for improvement.
<b>Purpose:</b>	To begin to remove emotion that doesn't provide a positive benefit. Sometimes being angry can help your determination and fight to win, but not if that anger makes you more and more frustrated. Use the stages below as a guide to improve this aspect of your mindset.
<b>Progressions:</b>	<b>STAGE 1:</b> Recognize mistakes without judgment. <b>STAGE 2:</b> Identify patterns (e.g., timing, technique, decision-making). <b>STAGE 3:</b> Experiment with <b>different solutions</b> rather than repeating the same error. <b>STAGE 4:</b> Mistakes become <b>expected and valued</b> as part of improvement.
<b>Your Notes:</b>	

PHYSICAL/FITNESS CHALLENGE											
<b>Description:</b>	Very high backhand service return shadow swings.										
<b>Purpose:</b>	To improve your shoulder strength and develop more control of your swing, especially your followthrough.										
<b>Progressions:</b>	<b>WEEK 1:</b> 15 to 20 swings, twice or thrice in the week. <b>WEEK 2:</b> 20 to 30 swings 3 times this week. <b>WEEK 3:</b> 30 swings 4 times this week. <b>WEEK 4:</b> 30 swings 6 times this week. <b>NOTE:</b> This is a very approximate guide, perform as many swings as often as you feel comfortable doing.										
<b>Dates Completed:</b>											
<b>Your Notes:</b>											