



There's nothing too complicated or specialised for this sample group of challenges. Remember to feel free to make minor adjustments to suit your level, objectives and commitment.

Visit the BetterSquash Discord server for community feedback and discussion.

| MATCH CHALLENGE | | | | | | |
|-------------------------|---|--|--|--|--|--|
| Description: | Only hit the ball to the back court (past the Short line) | | | | | |
| Notes: | The purpose of this challenge is to focus your attention on your length and rally construction. | | | | | |
| 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 where you are receiving the service. | | | | | |
| Dates Completed: | | | | | | |
| Your Notes: | | | | | | |

| SOLO DRILL CHALLENGE | | | | | | |
|-------------------------|---|--|--|--|--|--|
| Description: | Perform any drill of your choice with no mistakes. Ensure you set fair but challenging criteria. | | | | | |
| Notes: | The purpose of this challenge is 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. | | | | | |
| Progressions: | 1. START: 25 Shots. 2. REFINE: 50 Shots. 3. OPTIMISE: 75 Shots. 4. MASTER: 100 Shots. | | | | | |
| Dates Completed: | | | | | | |
| Your Notes: | | | | | | |

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

| CONDITION GAME CHALLENGE | | | | | | |
|--------------------------|--|--|--|--|--|--|
| Description: | Only hit the ball to the back court (past the Short line). Yes, same as the Match challenge above. | | | | | |
| Notes: | The purpose of this challenge is to focus your attention on your length and rally construction, but also patience and power/speed adjustment. This condition game is the basis for great squash and should be played at least a few times per month. | | | | | |
| Progressions: | There are no progressions for this challenge in this group. Just play the condition game to the best of your ability. | | | | | |
| Dates Completed: | | | | | | |
| Your Notes: | | | | | | |