



## **WEEK 4**

### **SESSION 1: SOLO**

**Aims - to work on a variety of out and out attacking shots. One more week of structure and practice before we start to meld all the elements together next week.**

#### **1. Freestyle solo.**

- Be very free with your warm-up solo. Experiment, don't hold back. Whatever comes to your mind. Keep in mind the word variation. Try not to play the same shot more than a few times.
- 10 minutes

#### **2. Figure of eight practice.**

- 3 minutes.

#### **3. On the service line feed yourself for the volley crosscourt nick.**

- Backhand 5 minutes. Forehand 5 minutes.

#### **4. Figure of eight practice with every third or fourth shot a straight nick kill or a cross nick kill.**

- 5 minutes. Use both sides.

#### **5. Feed from backhand to forehand for the ball to come off the sidewall. Forehand kill straight.**

- See Declan James on SquashTV!
- Forehand 5 minutes. Backhand 5 minutes.

#### **6. Straight feed to hit crosscourt nick drop.**

- Backhand 5 minutes. Forehand 5 minutes.

#### **7. Back wall boast feed or gentle high feed. Go for the nick, kill or deceptive shot.**

- Let yourself mix now. Mix the attacking options.

## **SESSION 2: SOLO**

### **1. Freestyle.**

- 10 minutes

### **2. Feed to the front right. Play a straight drop, cross-court drop or trickle boast.**

- 5 minutes each side.

### **3. Boast to the front, not too low.**

- 5 minutes each side.
- Run on to the ball from a more diagonal and pressurised position and repeat the last practice.
- Think of the three options for attacking shots: straight counter, trickle boast, or crosscourt drop (flick).

### **4. Straight volley feed for yourself. Volley drop.**

- Forehand 5 minutes. Backhand 5 minutes.
- Challenge yourself with slightly different feeds.

### **5. Straight volley feed for yourself. Volley drop/ volley crosscourt nick or faded kill or drop/ boast.**

- 5 minutes both sides.
- Think about using these three options as attacking shots from this prominent position.

### **6. Freestyle solo to finish 5 minutes.**

- Try to work on the shots we've been practising, but with other feeds and shots as part of the mix, so it becomes more random and you have to react, just like a match.



## **SESSION 3: PAIRS**

**1. Warm-up as we've been doing before** - extended knock-up where you are practising short shots before taking it back across to your partner. Free practice of the shots we've been doing in solo sessions. 5 mins each side.

**2. Feed from front left a cross-court lift (not too high) to reach around the service line. Cross-court nick for the other player.** Change sides. 3-4 minutes-ish each.

**3. Drops side to side. Both stand just ahead of the service line. One player sets up a Cross-court for the other to play the drop. Vary the feeds. Off the drop that player does the same.**

5 mins each side. Start varying the feed and the shot. Sometimes take in the cross-court drop to change it.

**4. Warm the ball if you need to. Front player lifts high from front left. Back player volley drop from deep.** 3-4 minutes each. Do both sides.

**5. Warm the ball. Feed from the back a back wall boast type shot. Or a light feed will do. Player from the front explores all attacking options. Nicks, drops, boasts etc.** Swap over every five or ten shots.

**6. Play.**



## ***BONUS: SOLO - Improve your game plans***

### **1. Straight drives with cross-court option**

- Using this drill to think about hitting the cross court so it goes wide and gets your opponent off the T. Imagine you are playing a volleyer or a left-hander in this exercise
- 5 minutes.

### **2. Straight drives with a boast**

- Using this drill to think about hitting the boast with a bit of a hold and delay. Imagine you are playing a tall player or a fast player in this exercise
- 5 minutes.

### **3. Straight drives, one above, one below**

- A great drill to force you to use all of the front wall and to bring in variation to your hitting. You can use the tactic with the majority of opponents so it is worth honing
- Do for 2.5mins on each side of the court.

### **4. Volleys up and down the court**

- Getting used to and comfortable playing the volley from all parts of the court will give you more confidence to gain and control the T within your game place.
- Do for 2.5mins on each side of the court.

### **5. Cross-court feed for straight volley drop**

- Once you are on the volley it is important to be able to take the ball in short with confidence and reliability. Use this drill to hone that part of your game plan.
- 5 minutes.

### **6. Boast feed for straight drop**

- Use this drill PLUS add in the option to cross-court lob off the boast. When you are playing and get taken in short, resetting the rally by using a good drop of lob is really effective. Imagine also playing a tall player.
- 5 minutes.

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# **SQUASHSKILLS TRAINING CLUB PRO**

## **WITH JAMES WILLSTROP**

### 7. Cross-court kills with no sidewall

- If you get an opportunity to attack and apply pressure to your opponent then this shot can do some real damage. Get confident in playing it especially against tall players or players who like to volley.
- 5 minutes.

### 8. Any random short feed

- In this final drill, it's all about tidying the game up if playing someone fast and/or erratic who likes to hit the ball hard. Make it your goal to feed awkwardly but be sure to respond with a neat and tidy clean up shot.
- 5 minutes.

## ***BONUS: FITNESS - Repeat-spring endurance circuit***

**Do twice if you have the energy to as it is hard!**

**Complete a thorough warm-up/mobilisation routine before you begin.**

### **1. Skipping**

- Keep the skip light and fluid, aiming to establish a consistent pace and rhythm.
- Skip for 1min, then take a 10sec changeover period before going into your sprints.

### **2. Court sprints**

- Work at max intensity for your **10 court sprints**. Record your time, and try and maintain it for each subsequent circuit set.
- Rest for 1min before moving onto your next skipping set.

### **3. Skipping**

- Skip for 1min, then take a 10sec changeover period before going into your sprints.

### **4. Court sprints**

- Work at max intensity for your **8 court sprints**. Record your time, and try and maintain it for each subsequent circuit set.
- Rest for 1min before moving on to your next skipping set.

### **5. Skipping**

- Skip for 1min, then take a 10sec changeover period before going into your sprints.

### **6. Court sprints**

- Work at max intensity for your **6 court sprints**. Record your time, and try and maintain it for each subsequent circuit set.
- Rest for 1min before moving onto your next skipping set.

### **7. Skipping**

- Skip for 1min, then take a 10sec changeover period before going into your sprints.

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# **SQUASHSKILLS TRAINING CLUB PRO**

## **WITH JAMES WILLSTROP**

### **8. Court sprints**

- Work at max intensity for your **4 court sprints**. Record your time, and try and maintain it for each subsequent circuit set.
- Rest for 1min before moving onto your next skipping set.

### **9. Skipping**

- Skip for 1min, then take a 10sec changeover period before going into your sprints.

### **10. Court sprints**

- Work at max intensity for your **2 court sprints**. Record your time, and try and maintain it for each subsequent circuit set.
- Rest for 2min before repeating the circuit for the second time (only if you have the energy as it is hard!)