

SQUASH

Drill or Feeding Progression

Why Drill? If you want to improve technique, tactics, mental game and/or fitness level, you need to practice. Practice can be fun if you understand your training objective and set yourself appropriate goals. To help you set your goals you need to select drills that meet your training needs. Your training needs will vary according to your stage of development.

The three stages you will progress through each time you learn a new skill are *acquisition, perfection or integration*.

1. *Acquisition* – the early stage of learning a new skill that requires repetition in low-pressure feeding drills.
2. *Perfection* – once the skill can be performed easily, it should be perfected in high-pressure drills, which require more movement around the court.
3. *Integration* - when the skill can be performed in difficult, yet predictable conditions, it should then be challenged in less predictable situations, ready for integration in to a full game.

Progressions

Feeding is setting-up the ball so a player can develop his or her technique.

- ❖ Feeding options include; hand feed to floor or wall, single racquet feed, continuous racquet feed and a ball-feeding machine.

Solo drill (to acquire new skill or develop technique and control)

- ❖ E.g. continuous straight length above the service line

Partner feeding (to acquire a new skill or develop technique)

- ❖ E.g. Feeder sets-up a straight drop, worker hits straight length

Anchored feeding (to perfect technique under more pressure)

- ❖ E.g. feeder sets-up a cross-court length, worker hits a straight drop, feeder sets-up a straight length, hits a straight drop

Two partner feeding (to perfect technique under more pressure)

- ❖ Feeder #1 sets up a straight forehand drop, worker hits a straight length, feeder #2 sets-up a straight backhand drop, and worker hits a straight length.

Circling (two or more players, to perfect technique and movement)

- ❖ E.g. continuous straight length

- Cooperative, keeping the rally going, aiming for targets, working as a team
- Competitive, playing for points

Closed drill (to perfect technique and movement)

- ❖ E.g. boast, straight length, straight length
 - Cooperative, aiming for targets, working as a team, – score point each time length land behind service box
 - Competitive, playing for points

Open drill (to integrate technique and develop strategy)

- ❖ E.g. boast, straight length, option to play straight or cross-court length
 - Competitive, playing for points

Conditioned games (to integrate technique and develop strategy in a game situation)

This is also a good way to handicap a stronger player to equalize the playing levels.

- Restricted area – E.g. above service line or behind short-line
- Restricted shots – E.g. no cross-courts
- Bonus for hitting targets – E.g. bonus if winning shot is a volley.