



Development Squad

Squash Skills

The following skills we be assessed at the 2012 Development Squad Camps. These need to be achieved in order for a player to be considered for selection and in order to remain on the squad:

1. Show the correct 'V' grip.
2. Solo rally of 10 consecutive shots above the service line from the short line. Forehand and backhand.
3. Hit a straight drive from a simple straight feed. Ball to land behind short line within width of service box. 7 out of 10 on forehand and backhand.
4. Hit a straight volley from a straight feed. Ball to land behind short line within width of service box. 7 out of 10 on forehand and backhand.
5. Serve correctly from each service box, with the ball landing in the opposite back quarter showing movement to the T. 7 out of 10 from each service box.
6. Circling with a partner - play short drives landing in front of the service box (coach to assess control of shot and movement). Play a 10 shot rally. Forehand and backhand.