



Elite Squad

Squash Skills

The following skills we be assessed at the 2012 Elite 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. Showing movement from the T play a straight drop to land no more than 2 racket lengths from the front wall. 7 out of 10 on forehand and backhand
2. Play a straight volley long from a straight feed. Ball to land towards back of service box within half of width of service box. 7 out of 10 on forehand and backhand.
3. Play a 10 shot rally of boast and drive with a partner. Change places. Drive to land over short line within half of width of service box.
4. Solo (volley) rally of 10 consecutive shots from the short line. Forehand and backhand.
5. Circling with a partner - play short drives landing in front of the service box (coach to assess control of shot and movement). Play a 20 shot rally. Forehand and backhand.
6. Rotation drives with a partner - play drives into the back corner (coach to assess quality of shot and movement through the T). Play a 10 shot rally. Forehand and backhand.