



## Junior National Elite Squad

### Squash Skills

The following skills will be assessed at the 2012 Junior National 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. Play a straight drop from a boast feed. Ball to land no more than 2 racket lengths from 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 8 floor boards. 7 out of 10 on forehand and backhand.
3. Play a 20 shot rally of boast and drive with a partner. Change places. Drives to land towards back of service box within 8 floor boards.
4. Solo (volley) rally of 10 consecutive shots from behind 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 20 shot rally. Forehand and backhand.