

## **Elite Squad**

### **Squash Skills**

The following skills we be tested at the 2010 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. Return straight a serve (using a drive or a volley). Return to land behind short line within width of service box. 7 out of 10 on forehand and backhand.
2. 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
3. Play a boast from a cross court feed. 7 out of 10 on forehand and backhand.
4. 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.
5. Solo (volley) rally of 10 consecutive shots from the short line. Forehand and backhand.