

JNE Squad

Squash Skills

The following skills we be tested at the 2010 JNE 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 cross court lob from a simple boast. Ball to go very high and land in opposite back corner over the back of the service box. 7 out of 10 on forehand and backhand
3. Play a 10 shot rally of boast, cross court, straight length, straight length with a partner. Change places. Forehand and backhand. Cross court to land over short line within width of service box, length to land over short line within half of width of service box.
4. 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.
5. Play a 10 shot rally of boast, straight drop, straight drive with partner. Forehand and backhand. Drives to land over short line within half of width of service box.
6. Solo (volley) rally of 10 consecutive shots from behind the short line. Forehand and backhand.