

Have you got a big match or tournament coming up.....Just a few extra sessions will make the difference....

6-8 weeks before a competition that you want to do well in add in these 4 sessions a week to give you the best chance of success..... “Victory loves preparation”

1. Solo Practice:-

Get on the court once a week by yourself and practice the things that you're getting beat at/ your weak spots. Say you're particularly poor at getting the ball out of the backhand corner, set yourself situations where you're doing that. If you can get to see a coach who will give you some tips that's obviously the best thing, but if you're short for time or cash just get on the court and set up scenarios. Once you feel you are progressing then add in some ghosting.....A great physical workout is **ghosting** (basically squash movement without the ball). Do five or 10 minutes of solo hitting and then 10 sets of ghosting and then go back to hitting again. That way you practice hitting when your heart rate is higher (which it will be in a match) & you practise some squash movement.

2. Drills:-

As a follow on from the solo work where you are working on things you are weak at. Find a training partner and put these things into drills. If you hit too many cross-courts in matches try playing a conditioned game where no cross courts are allowed (or where only one player can hit them). Also a good drill for hitting straight is straight drive, straight drive, straight-drop. For more ideas speak to one of the coaches.

3. Physical

With 6-8 weeks to go to competition a good idea is to improve your speed and fitness. Do one of these sessions once a week.

- Bike sprints of 30 secs on 30 secs off, **or** 1min on 1min off **or** 2min on 1min off **or** 3mins on 2mins off. Repeat up to 10 sets.
- Court sprints 10 sprints rest for 30 secs or 20 court sprints rest for 1minute.repeat up to 10 sets.
- Grid sprints. Run touch a cone 5m away then back to start then touch a cone 10m away then back to start then touch a cone 15m away then back to start repeat up to 5 times and rest for the amount of time it took. Then repeat up to 5 times.

4. Matches

Get on court with some people better than you - try if you can to organise matches or join in mix ins/training squad sessions where you are competing against players better than you. Be careful that you still keep up your matches with people your standard or slightly worse as **you have to practice winning matches aswell!** Try and play 3 matches a week with 1 of the matches at a higher level to you.

If you are training for a weekend competition, try and find a warm up competition the week before or at the very least organise some practice matches at the time you will be competing in the week leading up to the event.

In the week leading up to the event leave don't do the physical session as a rest will help you feel fresh in the tournament. It is really up to your work/life schedule when you do the sessions – but try and do them, when you are not too tired – if you have a monster work day on Mondays then make that your rest day and do the sessions on other days.