

## SQUASH START SKILL DEVELOPMENT RECORD

NAME:

SKILLS PRACTICE		SCORES	
		SQUASH BALL	MINI SQUASH BALL
A	Forehand pats against the wall. Stand still about 1m from a wall and continually pat the ball against the wall.		
B	Backhand pats against the wall. Stand still about 1m from a wall and continually pat the ball against the wall.		
C	F/H & B/H pats alternately against the wall. Standing still alternately hit one forehand, and one backhand continually against a wall.		
D	F/H continuous pats walking around the court. Continuous pats walking around the court hitting the ball against the wall.		
E	B/H continuous pats waling around the court. Continuous pats walking around the court hitting the ball against the wall.		
F	Forehand Drives. Stand in the service box, throw the ball against the side wall or bounce it, hit the ball down the side wall, past the "short" line.		
G	Backhand Drives, as for F.		
H	i) F/H One down/one across rally.		
	ii) B/H One down/one across rally.		
I	F/H Serves into the correct half court...../5.		
J	From B/H service box into correct half court...../5.		
K	i) F/H Volley rebounding - catch the ball on the racket.		
	ii) Face the side wall, throw the ball onto the side wall, volley the ball to the front wall		
L	i) B/H Volley rebounding.		
	ii) Face the side wall, throw the ball onto the side wall, volley the ball to the front wall.		
M	Forehand continuous volleys.		
N	Backhand continuous volleys.		
O	Alternately hit one F/H and one B/H volley.		
P	F/H Return of Serve down the wall.		
Q	B/H Return of Serve down the wall.		