

Pro Tips from... *Cyrus Poncha*



Pro Tips: Improve your Squash with Cyrus Poncha

Column Number Three: Drills for coaches to use with pairs of players

[see also Column Four: Drills for groups of 3 or more]

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Cyrus Poncha is Indian National Juniors Coach and a leading coach in the squash hotbed in Bombay, India. In addition to his highly regarded coaching activities, Cyrus and his brother Neville have created an excellent coaching website, dispensing information and advice for the improvement of your game. You can browse Cyrus's Squash Website at: <http://www.cyrus.indianet.org>

Dear Squash Player:

Here are some drills to help you improve your game this summer. I have found all of these drills to be at the same time simple but particularly useful in getting students to think about the objectives of their shots, to find the flaws in their games themselves, and to work on improving themselves.

1. DRILLING DRIVE

Purpose

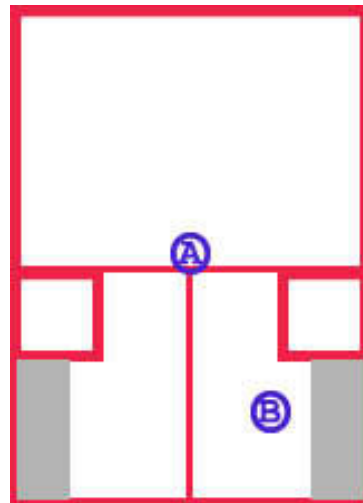
Working on early racket preparation, correct technique and good footwork - keeping the ball tight along the side walls.

Routine

Player A stands and returns to the T between each shot. Player B (or coach) stands behind the service box. Player A, moving from the T, hits straight drives into the shaded target area (within 2 feet of the side wall) behind the service box. In reply, player B hits/feeds a straight drop.

Duration

Player A and B switch quarter's i.e. Player A changes



1. Drilling drives

positions with Player B This should be done 10 min for each quarter; i.e., front and back, forehand and backhand, 10 minutes each. (Total 40 minutes)

Difficulty

Average

2. ANTICIPATION

Purpose

Working on deception - the player in front can delay his stroke to hit cross-court or a straight drive, while the player behind must concentrate to anticipate the shot.

Routine

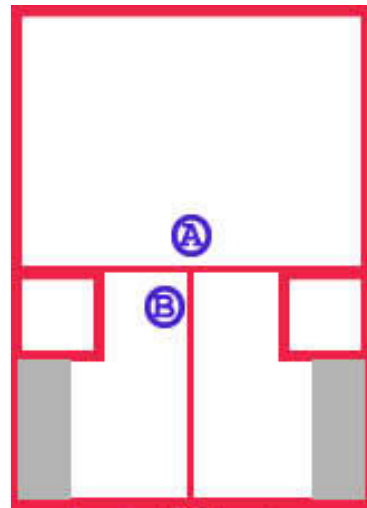
Player A hits cross-court or straight drive into the target area (behind the service box) moving from and back to the T. Player B plays boasts moving from the back corners to the T after each stroke.

Duration

Player A and B switch halves i.e. Player A changes positions with Player B This should be done 10 min on each half: front 10 minutes and then back 10 minutes (Total 20 minutes)

Difficulty

Average



2. Anticipate

3. RETURNS

Purpose

Return of services to be hit into the corners.

Routine

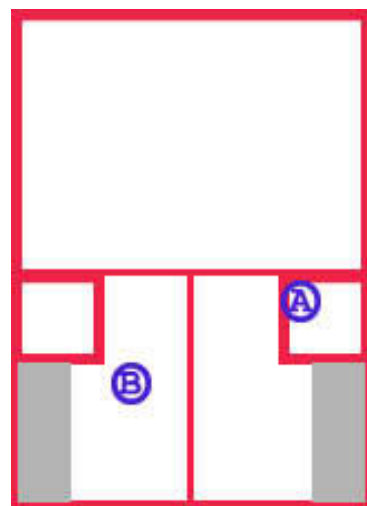
Competing with a partner for points, Player A serves 25 times from the right service box to player B who stands behind the left service box. Player B score a point if he service return, straight or cross-court are in the target area (within 2 feet of the side wall, behind the service box).

Duration

25 serves x 2 each side

Difficulty

Average



3. Returns

4. DRIVE / BOAST / DROP

Purpose

Hitting the ball specifically and consistently, at the same time achieving correct

movement patterns.

Routine

Moving from and back to the T, player A plays a straight drive; player B then, with the same movement pattern plays a boast of which player A hit a straight drop. This routine is continued in the same format: drive, boast, drop, drive, boast....

Duration

10 minutes

Difficulty

Advanced

5. BACK GAME

Purpose

To improve the ability and consistency in hitting drives behind the short line under different circumstances for as long as possible.

Routine

Both players must hit the ball behind the short line in the target areas (1 1/2 feet away from the side walls) using either a straight or cross-court, drive or lob. Players score as in a normal game. This routine helps players to create and disguise their shots teaching them to use it tactically in a match.

Duration

10-15 minutes

Difficulty

Advanced.

6. 1/4 COURT

Purpose

Increases anticipation and stimulates deceptive moves.

Routine

Player A (or coach) stands in one of the back quarter courts and plays anywhere around the court. Player B must chase and return the ball into the back quarter court (where player A stands) by hitting drives, lobs, etc.

Duration

5 minutes on each side x 2 (Total 20 min.)

Difficulty

Advanced.

And finally - Have fun!

Your friend, Cyrus
