

Pro Tips from... *Cyrus Poncha*



Pro Tips: Improve your Squash with Cyrus Poncha

Column Number Four: Drills for Coaches to use with groups of 3 or more.

[\[see also Column Three: Drills for pairs of players\]](#)

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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. CIRCLING

Purpose

Hitting drives in the target area (service box) along with achieving early racket preparation, using both left and right feet to hit the ball and keeping the ball tightly along the wall.

Routine

For 3 or more players - players take turns to straight drive the ball to land in the target area (service box), then move to the T and join back the queue. Players must aim for the longest rally or drop out after losing 3 lives.

Duration

This should be done 10 minutes on each side - forehand 10 minutes; backhand 10 minutes (Total 20 minutes)

Difficulty

Average

2. SPEED DRIVES

Purpose

Moving swiftly from one side to another hitting straight drives under pressure.

Routine

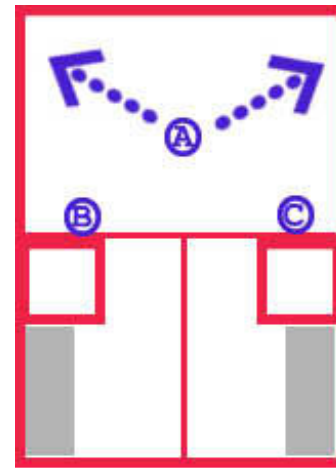
For 3 players - Player A on T plays straight drives, player B and player C standing on the short line, on opposite sides with a ball each, feed alternate straight shots. Player A has to move as fast as possible from side to side hitting the drives accurately under pressure. Player A, B and C then rotate.

Duration

Each should do this for 4 minutes or else time the player hitting 100 drives.

Difficulty

Average



2. Speed Drives

3. HIGHER - HIGHER

Purpose

Hitting lobs, trying to pass opponent who stands at the T, trying to volley the lob and finally, hitting accurate boasts.

Routine

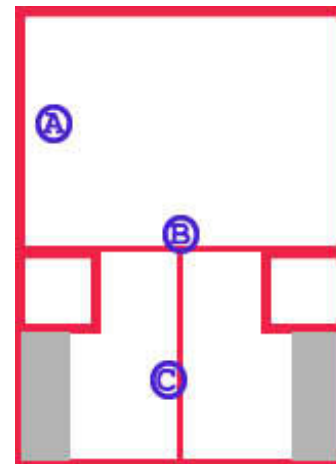
For 3 players - Player A stands in the front of the court and tries to hit X-court lobs. Player B on T and tries to volley straight or cross-court the lobs hit by player A. Player C standing at the back of the court hits accurate boasts. Players A, B and C then rotate.

Duration

Each should do this for 10 minutes

Difficulty

Advanced



3. Higher, higher

4. KILLERS

Purpose

To be able to kill consistently, hit short winners of any loose ball hit by opponent. Ball should hit the nick or bounce twice before the short line.

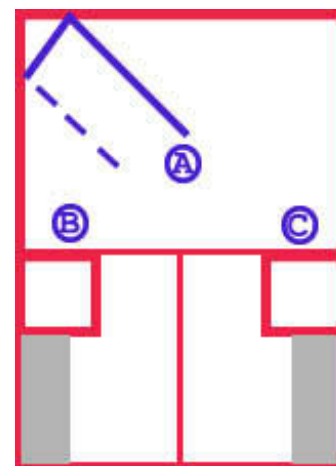
Routine

For 3 players - Player A on T tries to kill the ball with either a nick or a kill drive, straight or cross-court, player B and player C standing on the short line, on opposite sides, feed straight or slow boasts. Player A has to move from side to side hitting the kills. Player A, B and C then rotate.

Duration

Each should do this for 10 minutes.

Difficulty



4. Killers