



Improve your game with SQUASH drills!

For Two Players (remember FH and BH):

- **BOAST / DRIVE** - [1] player at front straight drives only; [2] player at rear boasts only. Good for movement and discipline of shot.
- **BOAST / DRIVE / DRIVE** - [1] starts with boast; [2] straight drive; [1] straight drive then a boast. Players then alternate as drill continues.
- **CROSS COURT DRILL** - [1] feed to cross court; [2] plays a good deep cross court drive.
- **STRAIGHT / CROSS COURT** - [1] easy feed either straight OR cross court; [2] either a straight drive OR cross court drive.
- **BOAST / CROSS COURT DRIVE** - [1] feeds a boast; [2] plays a deep cross court drive (practice also how you may “show” to play a straight drive).
- **BOAST / CROSS COURT DRIVE / STRAIGHT DRIVE** - [1] feeds boast; [2] cross court drive; [1] straight drive then a boast.
- **BOAST / CROSS COURT DRIVE / STRAIGHT DRIVE / DRIVE** - [1] feeds boast; [2] cross court drive; [1] straight drive; [2] straight drive; [1] boast.
- **BOAST / CROSS COURT DRIVE / STRAIGHT DRIVE / DRIVE** - [1] feeds boast; [2] cross court drive; [1] straight drive; [2] straight drive; [1] boast. OPTION HERE: You may boast anytime after the first drive.
- **ROTATING STRAIGHT DRIVES** - Deep drives on both sides with good movement required.
- **STRAIGHT DRIVE / STRAIGHT DRIVE / CROSS COURT DRIVE** - Good routine to groove swing and movement.

- **STRAIGHT DRIVE / CROSS COURT DRIVE** - [1] play only straight drives; [2] play only cross court drives.
- **STRAIGHT DRIVE / STRAIGHT DRIVE OR CROSS COURT DRIVE** – [1] play all straight drives; while [2] can play either straight drive OR cross court drive (include volley).
- **AS BEFORE, BUT ...** - Both players may play either a straight drive OR cross court drive (all to a good length) but now RANDOM.
- **SAME ROUTINE, BUT ...** - Ball is NOT allowed to hit the back wall.
- **STRAIGHT DRIVE or BOAST / STRAIGHT DRIVE or CROSS COURT DRIVE** - [1] play either straight drive OR boast; [2] play either straight drive OR cross court drive (drives to length).
- **STRAIGHT DRIVE or BOAST / CROSS COURT DRIVE** - [1] play either straight drive OR boast; [2] play ONLY cross court drive.
- **BOAST / STRAIGHT DRIVE or CROSS COURT DRIVE** - [1] play ONLY a boast; [2] play either a straight drive OR cross court drive.
- **AS BEFORE, BUT** - [1] may play a volley off any loose cross court drive.
- **STRAIGHT VOLLEY / STRAIGHT DRIVE** - [1] play a straight drive; [2] play a straight volley (repeat 5 times and change).
- **DROP SHOT** - [1] feeds ball to mid court area; [2] in centre court to play a straight drop.
- **DROP / STRAIGHT DRIVE** - [1] from back court a straight drive; [2] at front court play a straight drop AND a straight drive (3 times then boast to other side of court and continue).
- **SHORT GAME** - Start with a boast for game in front of the short line.

Have fun !