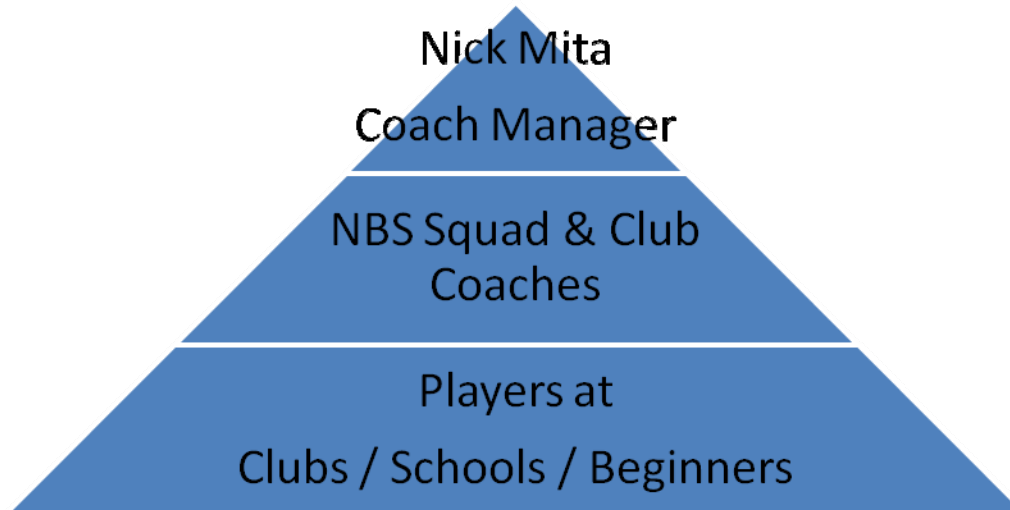




COACH'S CORNER

Coach Development Model for Nelson Bays Squash



Firstly: thanks to those coaches who took the time to attend the development evening with Nick Mita, we shared some great ideas and discussion around our coaching techniques and concepts. Nick covered key techniques such as:

Trusting the body angles to keep the ball deep and tight

Serving tight to keep you opponent under pressure all the time

Striking over the ball to drive short, or under the ball for length

Important concepts to assist in keeping your sessions interesting and informative included:

Simple progression drills, start players close to targets and progress in depth as players improve – Graduated length method

Games with/out rackets focusing on skill development

For kids – no more than 20 minutes technical instruction per session

Lots of genuine positive reinforcement for your players makes them want to come back

Keep your instruction simple and get the player to focus more on result rather than complex technical process

The coaching structure for Squash New Zealand is available online at

www.nelsonbayssquash.co.nz select the coaching tab for all details.

If you have any feedback or require information / resources for your coaching programme,

please contact me: Greg Walsh 027-680-2637 sdo@nelsonbayssquash.co.nz we're also

now on Facebook under Nelsonbayssquash Assn, check it out for quick updates and news.



Coaching resources forehand drive and drop

Tactics – getting better length and angles will ensure your opponent is under pressure more and allow you more opportunities to play winners eg: drops, trickle boasts, boasts, kill shots, cross courts.

F/H Drive –

Watch the ball only 100% of the time

As the ball comes off the front wall, angle your shoulders to where you want the ball to go and swing straight passed your feet and shoulders *keeping everything very still.*

Aim to hit the ball one foot below the service line depending on your own strength to get a quicker ball into the back or higher to lob over your opponent.

Target area is $\frac{3}{4}$ length side wall so that the ball bounces in and behind the opponent

Progressions:

Driving to length

Driving with movement first into front middle or back before hitting

Driving for points 1 point for passed short line 2 points behind back of the service box or 3 off the back wall. Game if you hit the target at $\frac{3}{4}$ side wall length.

Same as above but make the target area smaller. First option can be inside the width of the service box and passed the lines, then half that, half it again working toward 10 inches out from side wall.

Add in another shot like a cross court drive then a straight drive

Cross court drive then straight drive into target areas

Condition games

One player to move forward and play an angled drive and the next player is to move to the T and then try and return the ball straight. Hopefully if the angle and length is good enough then there will be no return or a weak one.

Half court games with focus on angled length to win rallies



F/H Cross Court –

Maintain the same body position and angle but hit the ball out in front of you, once again keeping everything still. Set up so that you are hitting a straight drive.

Condition games

Player to move forward as first condition game but has the option to hit cross or straight

F/H Drop shot –

As for the f/h drive watch the ball 100%

Angle your shoulders to where you want the ball to go

This time a smaller backswing and smaller follow through. Breaking your swing into 3 portions, take out the first and 3rd portions of the swing only swinging through the middle portion of the swing. *Keeping everything very still once again.*

Bend your knees to get down to the height of the ball to make the shot easier

Angle the ball toward the side wall so that the first bounce is close to the side wall making it difficult for your opponent to return. Shot can be hit higher above the tin because it is the angle that creates the difficulty.

Conditioned games

As above but this time the player has the option to play cross court, straight or drop.