

Utilising resources in lockdown

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These are unprecedented times we are going through. For aspiring squash players, the constraints, we are currently experiencing requires players to become adaptable. Our aim in Squash Wales during this difficult period is to provide support and resources to help you continue your development in becoming an elite Squash player. All elite athletes will endure difficult periods in their development and it's how you respond to these constraints which will determine the player you become. Some players will respond in a positive way and use the time given to us to develop their game and look to new goals and opportunities to improve. Others will use this as an excuse and say "I can't train ". It's up to you which road you choose. Rest assured Squash Wales is here to help you if you choose the positive choice and see this time as an opportunity to grow and develop.

Week 1 Resources

It's been positive to see the responses from the squash world with regards to how players are dealing with the current constraints. The free videos online provide a great resource for players to learn and understand the game better. Become a student of the game and your understanding will increase tenfold. Players who understand the game can adapt better to on court situations and can also impose game plans on their opponents. I have chosen 2 free videos which both represent a chance for our players to expand their knowledge and reach new heights. All the examples and resources I have chosen and will choose will be free online content.

My personal favorite of the week was Nick Matthews 20-minute full body workout on Instagram. Again, another free resource and an opportunity to learn from a 3 times world champion.

<https://www.instagram.com/p/B-AD4xFpprS/>

Video 1 is John Power explaining the art of deception. It's as much about speed onto the ball with early racket preparation creating opportunities to affect your opponent's movement. By getting onto the ball very early with attacking racket preparation you are forcing your opponent to move early / make early decisions or to simply freeze which then creates opportunities. For me this video touches on the following fundamentals: good length and awareness of your opponent hitting up on the ball off your good length (court awareness), early racket preparation to create multiple shot options and speed onto the ball to affect your opponent's movement.

Question linked to my next resource: how could you counter the style and attacking play in video 1 with good movement? What attributes in your movement are you looking for?

Video 1 <https://www.youtube.com/watch?v=7mvfOtW-CSt&t=8s>

The next video I have chosen is a PSA match. PSA often offers free matches via YouTube and this, in my opinion, is a great way to develop your understanding of the game and to also see the attributes you need to compete at the top level. Never have we had such free access to top level squash. Use this resource and learn from it. I have chosen the following match

<https://www.youtube.com/watch?v=jVa4NrK6m2I> between El Welily vs El Tayeb. This match I believe offers the full spectrum of what is required at the highest level. I firmly believe that for players to understand they need to be engaged in this process. I will offer my own thoughts on the match and qualities these players displayed. If you guys can engage, we can all learn and understand together. In the coming weeks I will touch on learning styles and I feel it's important that you understand yourself and how you personally respond to different learning / coaching techniques. With that in my mind please feedback and we can start the process

1. What attributes are both players displaying?
2. Can you identify strengths of both players?
3. What finally swung the match in Raneem favour?
4. What learnings can you take from this match and how can you use these learnings in your game?

I hope you find this resource a useful aid to your development. Under the current guidelines everyone is allowed out once a day for exercise - please use this opportunity wisely and plan accordingly. Most importantly stay safe and follow the restrictions to the letter. Everyone has a part to play in this process. I look forward to the feedback and keep posted for the weekly blogs and resources