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The Squash Auckland Coaches Newsletter

Squash Auckland Run's First "Get Started" Coaching Course

Sunday 20th June saw Squash Auckland run the first of 4 free "Get Started" coaching courses. This course, in conjunction with the two online extension modules—Get Started and Safety Concepts— form the first module of the new SNZ coaching framework.

In all 9 aspiring coaches attended the first course run by Mark Waldin—who had recently been trained as Squash Auckland's first coach education facilitator— at the North Shore Squash Club.

Attendees were: Oliver French (DV), Dave Gregory (HB), Shahid Hussain, Brendon Morton (HW), Heather Scott (BB), Jane Watson (NS), Ramon Lichauco (BP), Talita Naude (NS), Nicholas Ganley (DV)



FREE Squash NZ Getting Started Coaches Course

Locations:

- June 20th, North Shore Squash Club,
- July 4th, Henderson Squash Club
- July 11th, Papakura Squash Club
- July 25th, Eden Epsom Racquets Club

Time: 10.00am–12.30pm

Useful Articles

What When and Under 10

This article looks at the issues facing coaches when working with young tennis players 10 years and under.

<http://www.globalsportscaching.com/Newsletter/documents/whatandwhen.pdf>

PAR Scoring and Why it is Good For The Game

In contrast to the negative publicity associated with PAR scoring in this country, Richard Millman, Director of Coaching, Kiawah Island Squash Club believes it is good for squash.

http://www.squashmagazine.com/vcm/squashmagazine/RULES/Tips_from_Prof/par_scoring.html

Exercises for Training Straight Drives

Straight Drives-Threes

- A on T plays straight drives, B and C with a ball each feed alternate short straight shots from behind, so that A has to move as fast as possible from side to side, Either count the number of shots that land behind the short line In two or three minutes or check time taken to hit 100 shots Into the target **area**. Alternatively, the players can do a forfeit of shuttle runs or an exercise when they have made three mistakes.
- Circling-for three or more. Players take turns to straight drive the ball to land in the service box, then move to T and join back of queue. Aim for longest rally or drop out after losing three lives.
- A on T plays a number of straight drives; B and C with a ball each feed alternately. B feeds a short straight shot from behind and C feeds a straight length from in front. B and C then change roles so that B feeds length and C feeds short,
- A on T plays straight length shots. B and C feed any straight or X-court short shot from behind.
- B feeds high straight shot for A to volley, C feeds straight shot for A to drive. B and C then change roles.

Women on Court



A group of beginner ladies at Royal Oak Racquets Club were given the opportunity to learn from one of our best young players when Lana Harrison generously agreed to provide the ladies with some coaching tips.

These women are part of a recently formed ladies squash group at the club.



COACH PROFILE: Ken Richardson—Royal Oak Racquets Club

What is your current coaching role?

At the moment I am mostly involved in School coaching. This has been at various clubs around the Auckland area and ranges from primary schools through to High schools.

My recent involvement has been with Somerville Intermediate, Henderson High, Alfriston College, Bruce McLaren Intermediate and St. Dominic College.

What's your squash playing and coaching background?

Started as a junior at the Royal Oak Racquets Club, where I am still currently based. The location to the local schools was just a short walk away. Competitive squash was encouraged and there were often opportunities to play tournaments.

Currently I am graded at B1 and have stayed at that level for a number of years.

When did you start coaching?

I am relatively new to professional coaching have just started about a year ago.

It was good to work along side Chris Lloyd and Manu Yam where I was able to pick up a lot of good advice.

Why did you start coaching?

After becoming a qualified gym instructor and personal trainer I was approached by some gym members who expressed an interest in playing squash.

As some of them showed improvement the experience was enjoyable.

How would you describe your coaching experience to date?

Coaching can be very challenging, especially when you have large classes.

Some of it is not just about coaching; it is about motivating some students.

Nice though when you get good feedback.

“Just to keep an open mind and try to attend as many squash related courses as you can.

What do you enjoy most about coaching?

The chance to meet many people from different backgrounds and to help promote the game of squash.

Promoting Squash to Junior Girls

A group of girls (and a teacher) participating in a school-club squash link program at Henderson Squash Club received some expert tips and advice from guest coach Shelly Kitchen recently.

Shelly spent an hour and half with the girls, sharing with them tips from her years of playing experience.



Useful Websites

Check out this website for a range of excellent generic articles on coaching, fitness training and Sports Science.

Whilst not squash specific, the articles provided offer all coaches useful information on how to improve coach & athlete performance

<http://www.brianmac.co.uk/articles/cindex.htm>

Speed and Agility Training

Check out this FREE e-book of 10 speed and agility training drills you can use to improve your players performance.

<http://www.globalsportscoaching.com/documents/10SpeedandAgilityTraining-DrillsforTennisPlayers.pdf>

Covering the Court: Position and Momentum Are Key

By Chris Walker

An Article from Squash Magazine February 2004 Edition

If you watch or play enough squash perhaps you have encountered that player who you think is really fast around the court, athletic and light on their feet, but seems incapable of running in the right direction to retrieve his opponent's shot! In contrast you may also know those cunning club players who are either overweight, over the hill or just not as physically gifted but seem to get almost every ball back. How is that?

There is more to it than meets the eye, but it's no real secret. It's all about reading the game, anticipation, timing, court movement and momentum. While it may take some time to pick up the concept described below and incorporate it into your game, with trial and error it is certainly effective.

To cover the court to the best of your ability you should try to always be moving, whether it's after you have hit your shot or upon reaching the T. Also, keep in mind that the T is only there as a guide to help you locate the center of the court during the rallies. It's not there to sprint to between shots. You don't win the match if you get back to the T as quickly as possible after you have hit each shot! If you get there too quickly you end up having to wait, static on the T, losing all your momentum in the process.

What you have to perfect is the timing of your movement so you arrive at the T when your opponent is about to strike the ball. You can then continue your movement to the next shot, with any necessary change of direction, using your momentum.

If you get a chance to watch some high level squash, look for a subtle battle going on between the players. At any given opportunity they will be trying to get their opponent flat-footed (static) or 'off-balance' on the T by delaying the striking of the ball. In addition, if there is time they may try to 'hold off' the playing of a shot and then flick the wrist in order to hit the ball in an unexpected direction, introducing some deception in the hope of completely 'wrong-footing' their opponent and sending them the wrong way or leaving them flat-footed on their heels.

Here are some major pointers....

If your opponent is about to volley the ball you've just hit you should try to get to the T quickly while continuing to watch your opponent and his position relative to the ball. Always try to be moving forward gradually as you arrive at the T because the hardest area for you to cover, if the ball is taken early by your opponent, is the front of the court.

If you hit a good medium-pace drive to the back of the court and your opponent doesn't volley the ball you should slow your approach to the T so you still arrive there as he hits his shot.

If you arrive at the T a little early, rather than just stand there you might want to try to keep your momentum by going up on to your toes and keep transferring your weight from one foot to the other; this should help you feel ready to spring toward the next shot.

-If you hit a loose shot that gives your opponent a lot of time at the front of the court, he may try to 'hold' the ball (i.e. play it as late as possible to get you flat-footed or static on the T). You must try to keep your ability to move off the mark quickly. Bend your knees and keep your feet apart and stay on your toes, ready to transfer your weight in the necessary direction.

As the match goes on you may pick up on some strong areas of your opponent's game-a particular shot that gives you trouble, for example. You might therefore want to commit a little more to covering that shot by moving toward where it is normally hit (effectively covering his potential winning shot).

If you play a really tight straight shot (close to the wall) whether a drop, volley drop or length, it is very hard for your opponent to hit a cross-court drive. Take the liberty of creeping up the court and a little towards the side wall where the ball is, effectively anticipating his reply. Then look for the volley!

Grassroots Coaches in Action: Clockwise L- R Mark Waldin & Dave Clark, Manu Yam, Aimee Cornish, Carol Owen, Paul Cornish, Ken Richardson

