



SQUASH ANALYSIS PERFORMANCE REPORT

(SAMPLE)

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SUMMARY

Let's exploit some opportunities, and also play a bit more accurately (outside of 'no man's land' and his volley), while minimizing controllable errors like coming out (mental) and simplifying things a bit (hitting to open space more often). Recognizing tactically strong opportunities and pushing to be relentless with pressure (movement and intention). SIMPLIFY and cut out filler and rallies. 4-6 shots more often – the errors will flow and your opponent's movement will stop.

Ranked Priorities (all details to follow):

1. Serve and serve return accurately.
2. Avoiding "no man's land".
3. Adjust T position after attacking short.
4. Simplify tactics – hitting to open space and changing patterns.
5. Extra wide cross court drives.

OPPONENT'S STRENGTHS AND WEAKNESSES

Strengths:

1. Moves well in to the front court
2. Holds well from the front left.
3. Follows up good attacks by pushing up to
4. Quick and accurate volleys from
5. Hits to the open space well.

Opportunities:

1. Fitness – endurance – extended rally past 5-6 shots and he will force the attack (tins will flow), and the movement will stop.
2. Impatient with tight serves and rails – tries to force the attack when it isn't quite there.
3. Hit extra wide cross courts from the front when under some pressure to hit past his volley.
4. Technique breaks down in the back corners against a decent lob.
5. Because he pushes up so far, so quickly, the hold really hurts him.

OPTIMAL COMBINATIONS FOR YOU

1. FH or BH cross court drop from $\frac{3}{4}$ court – Push up to T quickly and hitting a quality ball and hunt the loose return. Hit to the open space quickly, and powerfully to win the point.
2. Hit a tight BH serve from the left side of the court – opponent often volleys drop (he almost always hits on the right side of the court). Push up on the high, and hunt his shot. Play a quick cross court drive, or counter drop.
3. When under a bit of pressure in the back, change your default to a straight drive / rail because opponent automatically expects you to hit the boast and pushes very far up the T. Then push up the T yourself, because opponent will likely fluff up a loose ball since he will have to move over to get your straight drive. Attack his loose return.
4. From mid court, alternate hitting short and long when you get a loose ball. He pushes up the court to cover the short ball (since that's your tendency). Follow the short ball a couple of times, then go long. He will be pushing up the court beside you, so hit down the same side (straight rail) and he will have to run around you – no let or an outright winner.

THE SERVE

1. Technical

- Step further forward to minimize... (and hug the side wall... and also... the 'T' one step after serving.

2. Accuracy

- Place tape on the side wall for t... s.

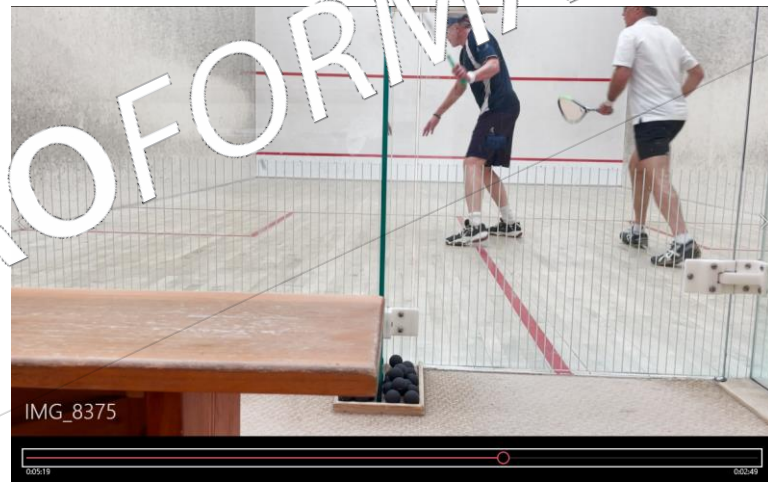
3. Ultimate Objective

- Prevent the volley, force a board... in the rally by applying... counting a loose ball.

Screenshot details: Tight serve (by you) lead to vol... drop return in the tin.



Screenshot details: Overly wide hit on the cross court... serve return left the court open.



PROFORMANCE

MAKING CHANGE: SERVES

- I. Control the serves – put targets (side wall and back corner) from your opponent.
 - a. Intention: Force a boast, loose length, or tin (winner or prompt) from your opponent.
 - b. Intention: Prevent a volley (or force a volley on the side wall). Ball should not bounce off the back glass (force a boast at best, or ace).
 - c. How?
 - i. Take a longer stride forward on the 2nd step (stable and ready for the serve return). Especially for BH serve). Increase power marginally. Get to the T on the 2nd step.
 - ii. Serve-serve return game
 1. Chip serving: Score a point if your opponent doesn't volley. If opponent hits a boast on the return, or they volley / return a loose ball, you can volley drop with 1 step off the T.
 2. Chip returning serve: You MUST volley (especially for BH). Focus on technique of pushing the ball. Ball must be hit straight, and must bounce behind the service box, and within 6-8 floor boards (you can put tape as a marker).
 - a. Focus on spacing if you're currently cramped in the back right corner (specifically when you let the ball bounce in any ball).

AVOID “NO MAN’S LAND”

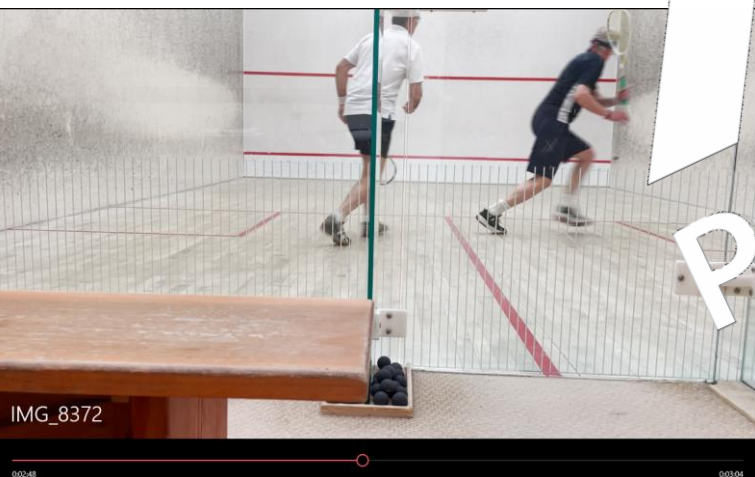
1. Mental

- Get mental clarity, and hit each shot with purpose, towards a specific target.

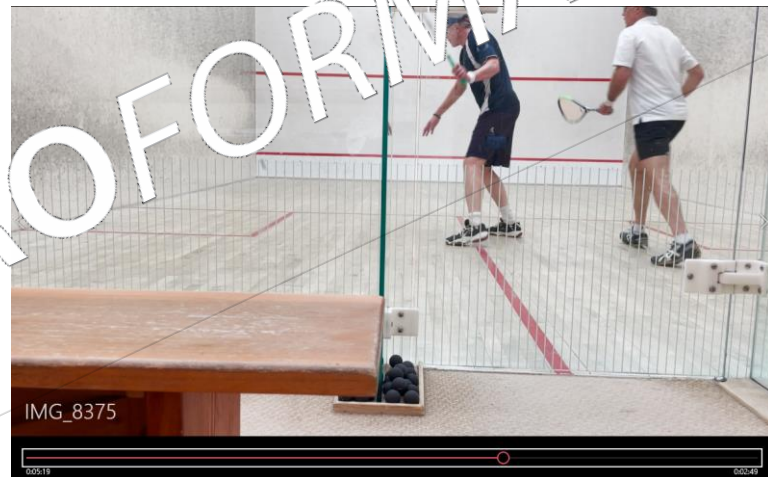
2. Ultimate Objective

- Your opponent should not hit the ball in the front court (and the service line). They should always (as often as possible), hit in the back court (while you're in the 'T'), or force you to hit (against you're on the 'T') ideally under pressure, as often as possible.

Screenshot details: Cross court volley drop hit in the no man's land.



Screenshot details: Overly wide hit on the cross court serve return left the court open.

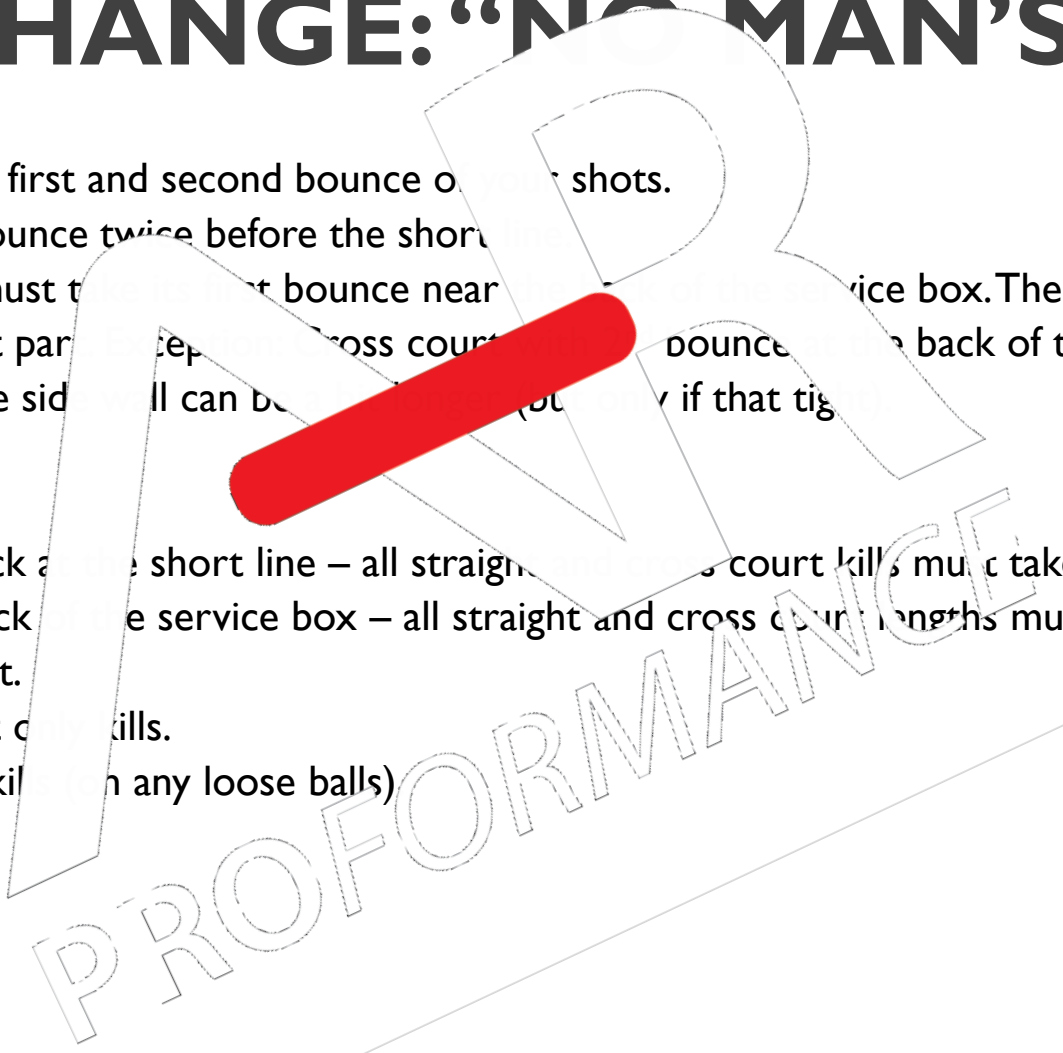


PROFORMANCE

MAKING CHANGE: “NO MAN’S LAND”

1. Raise your awareness of the first and second bounce of all shots.
 - a. Anything short must bounce twice before the short line.
 - b. Almost anything long must bounce near the back of the service box. There are always exceptions, but this holds true for the most part. (e.g. cross court kills must bounce near the back of the service box / side wall nick. Straight kill glued to the side wall can be an exception if that tight.)

2. Solo: Place targets
 - a. One at the side wall nick and the short line – all straight and cross court kills must take their 2nd bounce here.
 - b. One just behind the back of the service box – all straight and cross court lengths must bounce there.
 - c. Hit only rally drives first.
 - d. High feeds, and then hit cross court kills.
 - e. Mix in rally drives and kills (in any loose balls)



APPROPRIATE 'T' POSITION AFTER ATTACKING SHORT (CROSS DROP)

1. Technical

- Push up to the 'T' quickly to hunt for the ball after hitting the ball from 3/4 court.

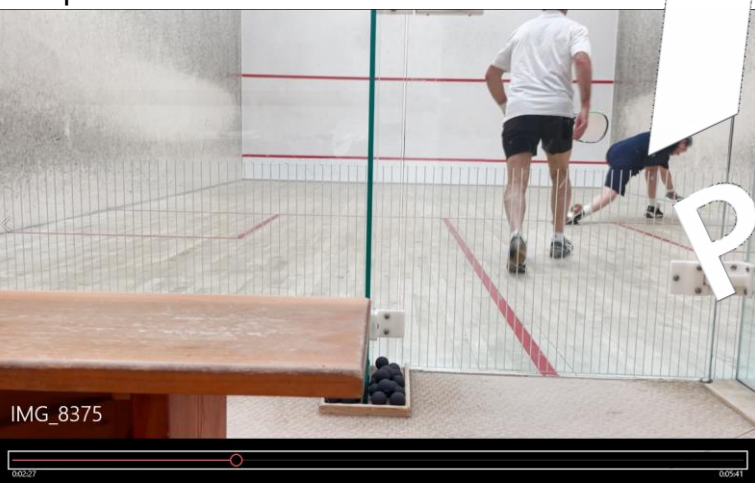
2. Accuracy

- The amount of pressure you apply to your opponent determines how far up (and how far over – left or right) you can 'cheat'.

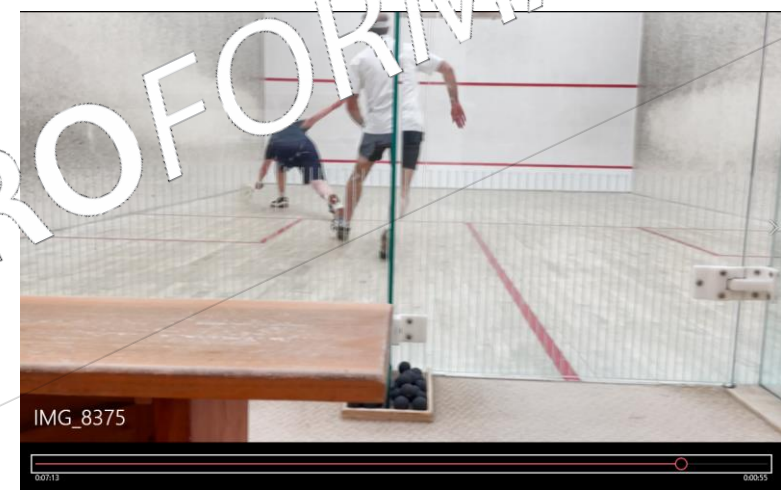
3. Ultimate Objective

- Attack short from 3/4 court with the cross court drop. Force a weak return, accelerate on to the loose ball and put it away in the open court.

Screenshot details: After attacking from the left side, the opponent is under pressure, but your T position is deep.



Screenshot details: In this scenario, you attack from the right side, the opponent is under pressure, but your T position is again fairly deep.



PROFORMANCE

MAKING CHANGE: 'T' POSITION

1. Ghosting: Pretend you hit the cross-court drop (or volley drop) from the FH, and consciously push higher to the T. Pause briefly 'as your opponent fluffs up the ball' and accelerate to the front right and slam a cross court drive.
2. Ghosting: Same as above, except practice moving 10 ft across court to volley straight drive a loose cross court attempt by your opponent.
3. Partner or pattern drills: drop drive etc. Push up to T after hitting a quality shot to build your awareness.

PROFORMANCE

HIT TO THE 'OPEN SPACE' - SIMPLIFY

1. Awareness

- Begin developing a sense of where your opponent is – in front of, behind you etc.

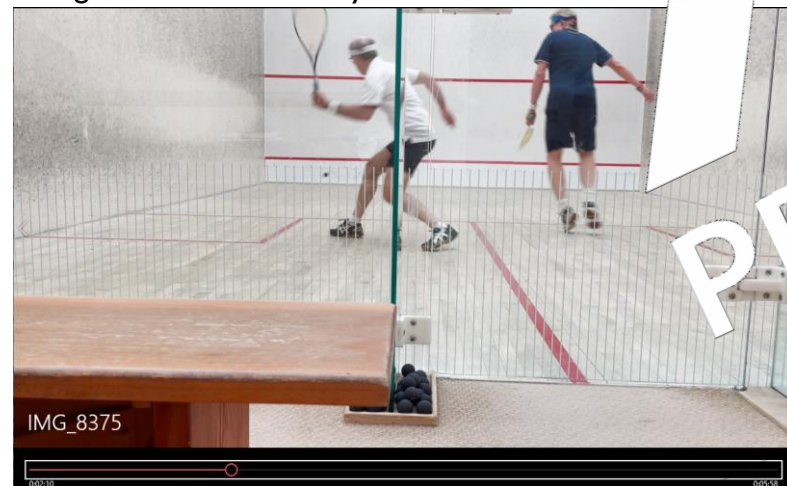
2. Tactical

- Play the obvious shot a few times. Build a pattern in opponent's mind.
- E.g. Open space, hit short (he expects a drop, hit a drive. Now he's uncertain re. long or short. After a few, hit the cross long drop (as discussed). Now he has to cover more area. Mental clutter creeps in. You've created doubt in his mind, and have neutralized one of his strengths (momentum).

3. Ultimate Objective

- Without having to hold or be overly defensive, you want to make life difficult for your opponent by utilizing multiple parts of the court.

Screenshot details: You took opponent short, even though he was in front of you. Correct shot = straight



Screenshot details: You played the straight drop, arguably the correct shot if executed well, BUT opponent is in front of the short line. Optimal shot may be straight



Screenshot details: You played the straight drive. Opponent is pushing forward, thus going long was the correct shot, and won you the point!



PROFORMANCE

MAKING CHANGE: HIT TO OPEN SPACE

1. Solo practice: As shown in the videos I shared – hit to court (some short, then long). Can add in hold eventually.
2. Length game and you can only hit to the back or drop in to the front of your opponent. You must hit deep if your opponent is in front of you.
3. Cross court game: Must hit to the back (anything to the side is short), so you're expanding your vision to see if your opponent is up front in the court, or deep in the court and hitting accordingly. Also work on the accuracy of your cross courts (to neutralize your opponent).
4. Intention: Full court game – hitting to the open space, see how tired you can make your opponent. Take confidence in your superior fitness and endurance if need be. Make them work!

EXTRA WIDE CROSS COURT DRIVES

1. Target

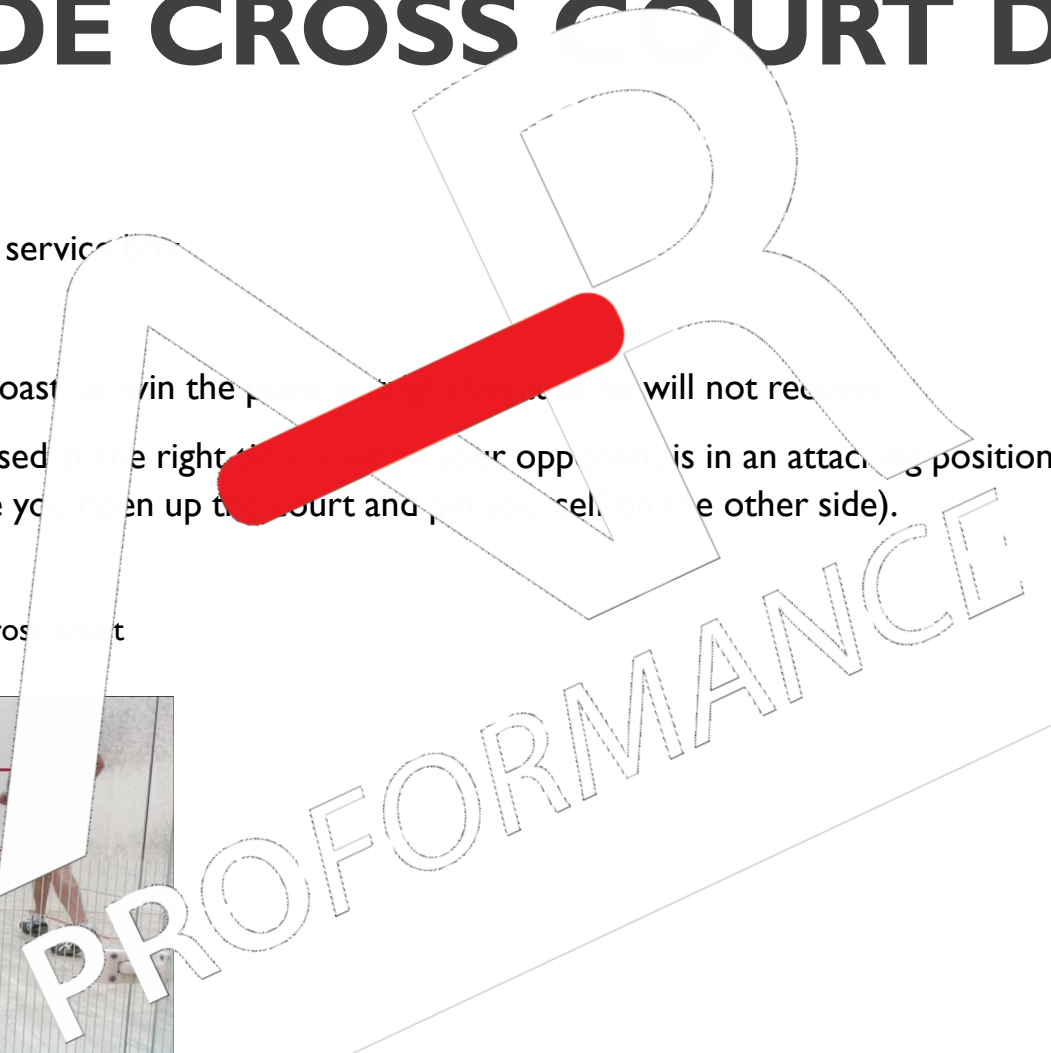
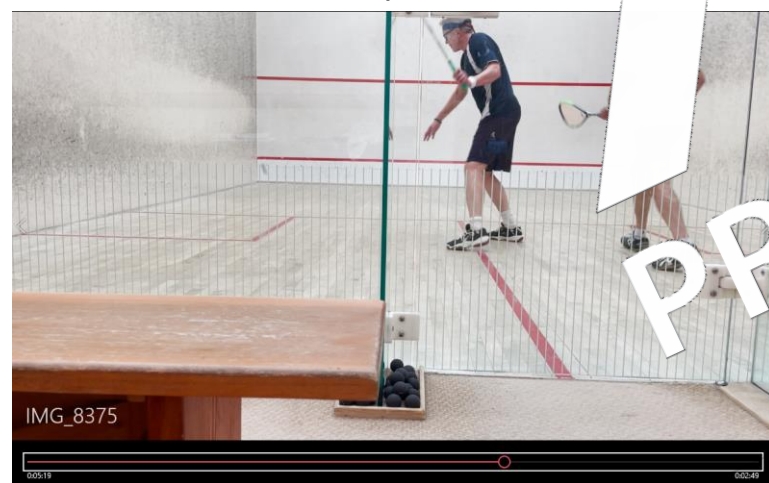
- Hit the side wall beside the service line

2. Ultimate Objective

- Prevent the volley, force a boast or win the point. Opponent will not receive

3. NOTE: The wide cross must be used when the right to serve is in an attacking position and wants to volley. Not on the return of serve as shown below (because you open up the court and put yourself on the other side).

Screenshot details: Overly wide hit on the cross court that leaves the court open for the opponent to return left the court open.



MAKING CHANGE: CROSS COURT WIDTH

1. Feed yourself a boast and move in to the front court to hit the wide cross. See my video.
2. Partner drill: One straight on boast to the cross, extra width and the resulting volley difficult for your opponent.
3. Pattern Drill: One straight drive, one straight drive, one cross court drive. Repeat the pattern.
 1. Objective: Ensure that the cross court finds the appropriate target to not get volleyed. Score a point for every ball that is not volleyed.
4. Rotating drives / rails with a cross court option.
 1. Objective: Choose the right time to hit the cross, and ensure it is accurate (and not volleyed). Score a point if it's not volleyed, and if you can force a loose ball (or boast) from your opponent. Score an extra point if you can win the rally on the next shot (the loose return created by the quality cross court drive).
5. Intention: Any game (length only, full court etc.) – Whenever you hit cross courts, score a point (mentally) to the open space. See how many boasts or loose balls you can force from your opponent.



QUESTIONS

PROFORMANCE