



Name: _____ Date: _____ out of 10

1) Hit 20 forehand **RAILS** in a row that bounce on the **FLOOR**, directly hit the **BACK WALL** then hit the **FLOOR** again before hitting the next shot. (This is a double bounce drill.)

Start time: _____ Finish time: _____

2) **Repeat task number 1** on the back hand hitting 15 in a row.

Start time: _____ Finish time: _____

3) Hit from the “T” 10 forehand **VOLLEY RAILS** in a row.

Start time: _____ Finish time: _____

4) Hit from the “T” 8 backhand **VOLLEY RAILS** in a row.

Start time: _____ Finish time: _____

5) Feed yourself a ball in the middle of the court and in a row hit 7 forehand **STRAIGHT DROPS** that hit the **FRONT WALL** below the serves line and **BOUNCE ONCE** before hitting the **SIDE WALL** (or nick).

Start time: _____ Finish time: _____

6) **Repeat task number 5** on the back hand side of the court).

Start time: _____ Finish time: _____

7) Toss the ball against the side wall, hit 6 forehand **BOASTS** hitting **SIDE WALL**, **FRONT WALL** and far **SIDE WALL**. This task does not have to be hit in a row.

Start time: _____ Finish time: _____

8) **Repeat task number 7** on the backhand 4 times.

Start time: _____ Finish time: _____

9) Run 3 sets of 3 star drills. 1st set: _____ 2nd set: _____ 3rd set: _____

10) **Bonus question:** How many feet long is a Squash court? _____