

# The SquashSkills & PSA Guide to Great Movement



Part of improving one's game needs to have some focused attention and detail on the movement aspect. Players sometimes get wrapped up in technical detail about hitting a ball as the outcome of the shot is what is observed. Do not underestimate some key fundamental areas within your movement as when performed well the quality of shot improves, decision-making increases, efficiency is effortless and the overall joy of the game increases.

## 1. Learn the split-step

Being able to split-step as your opponent is hitting the ball is great to be able to master. Doing this well allows your movement to be connected to the game and gets your momentum going in a quick but controlled manner.



## 2. Keep a good rhythm

Try and have good rhythm and flow in whatever you are doing movement wise on the squash court. If you are fighting the rhythm and flow this will wear you out quickly and likely make you make rash choices in shot selection. Having rhythm and flow aides efficiency and decision making.



### 3. Link your swing to your movement

All top players link their movement to their swing. They use all parts of their body while approaching a shot, such as softening the knees, hips and torso. While playing the shot the body can be soft but controlled and in the follow-through phase of the swing look to keep the body connected and moving with it.



### 4. Correct lunge technique

Try to be stable and balanced when lunging into the ball. Be sure to not let your knee go past the 90-degree point. Having a good lunge technique allows greater balance and composure on the shot plus the ability for an efficient recoil once completed.

### 5. Use a back-foot slide when lunging

While lunging, try and soften the back leg and knee sliding the foot along the ground. This helps the momentum into the shot as well as bringing your feet closer together to use as a spring to recoil immediately after the shot has been completed.







## 6. Have a two-footed base when playing off the back wall

When the ball reaches the back wall, if you are able to get a solid base with both feet planted this will really assist your balance and recoil. Most top players get into this stable position in the back corners and the way they then use this to transfer the weight back to the T is effortless.

## 7. Power-ease-power-ease

There is an ideal ratio when attempting to move more efficiently on a squash court. Trying to get a power-ease-power-ease ratio will create some great flow around the court and your rhythm and timing will increase when you tap into it. This needs a lot of practice.



## 8. Watch your opponent

If you are not watching well enough your initial movement and anticipation can become guesswork. When really locked-in and studying your opponent your movement and timing around the court will increase as you are absorbed fully in reading the game and moving onto balls seamlessly.



## 9. Always try and keep your momentum

Keep momentum in all that you do. Doing short bursts of sprints to the ball and back to the T will mean you will have to put the breaks on quickly and stop. This is not efficient and over time will cause exhaustion. If you can, always move without stopping (being both quick and slow combined) your efficiency overall will massively increase.



## 10. Ghosting

With all the above, the one big and fundamental way to get it into your game is to do some ghosting. It does not need to be that intense or heavy, but more focused on the technique of the above. Choose 1/2/3 key topics from the above list and spend a short time each week honing and mastering them.

# Want To **Learn More?**



## **Perfect Your Movement On & Off The Ball** With Nick Matthew

In this series, one of the game's best athletes, Nick Matthew reveals the secrets to his incredible movement and explains some simple tricks that will help you to improve your speed and efficiency around the court. This is a brilliant playlist delivered by a true legend of the sport. Watch here:

<https://tinyurl.com/NMmovement>

**WATCH NOW**

## **How To Link Movement To Matchplay** With Jesse Engelbrecht

In this playlist, Jesse discusses some of the key points relating to movement and explains how to incorporate movement practices into your training. He also highlights some of the tells in your opponent's body positioning that will allow you to read the game better and begin to anticipate what is coming next. Watch here:

<https://tinyurl.com/JEmovement1>

**WATCH NOW**

