

SQUASH COACHING NEW ZEALAND



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WELCOME TO THE SECOND EDITION OF THE BI-MONTHLY COACHING NEWSLETTER, AS I PUT THE CONTENT TOGETHER FOR THIS EDITION, THE NZ SQUASH TEAM HAVE SECURED THEIR 3RD GOLD MEDAL AT THE CWG, AND THE WIDER NZ TEAM IS WRAPPING UP THE MOST SUCCESSFUL CWG GOLD MEDAL RETURN IN HISTORY. CONGRATULATIONS TO ALL INVOLVED



In this edition:

1. Balance is Better Article - Building Rapport and Developing Great Coach-Athlete Relationships
2. Fast 5 with Fletch – CWG Head Coach Glen Wilson
3. Coach development course update – Skill Learning Practical
4. Majors Message – From the latest issue of the Squash Player Magazine developing deception



BALANCE IS BETTER
THE HOME OF YOUTH SPORT IN NEW ZEALAND



Watching many different sports at the CWG, it's been great to see some of the individual codes and athletes enjoying some of the limelight they don't normally receive compared to the major team' sports which I suppose is natural in an event like the CWG or the Olympics for that matter.

What has been interesting for me is watching the coach – athlete relationships there seems to be some great connections between the athletes and their coaches.

So, this begs the question “how do we develop great coach-athlete relationships?”

Check out this article from Sport NZ “Balance is Better” website to learn more.

<https://balanceisbetter.org.nz/building- rapport-and-developing-great-coach-athlete-relationships/>



Coach people
first, sport
second

FAST 5 WITH FLETCH



Keeping to the Games theme – A few months ago I had chat with CWG Head Coach and former CWG gold medalist Glen Wilson.

Watch here - <https://youtu.be/7eWbGD2dSgo>



From the latest issue of Squash Player Magazine (Majors Message)

MAJOR MANIAM OF THE WSF COACHING COMMISSION ON HOW AND WHY TO DEVELOP DECEPTION IN YOUR GAME



Deception in squash is a delight to watch, except when you are on the receiving end.

Deception reduces the opponent's capacity to anticipate your shot. It is used to confuse the opponent into anticipating a different shot to the one that is actually played. i.e. show something and play something else.

TYPES OF DECEPTION

1. Using delay. Ideally, we will set up to play a shot but hold the execution of it, to allow your opponent time to move. Make it look, for example, like a straight drop, then with a wrist flick, play a crosscourt drop or a straight or cross court drive, or even a lob.

Essentially taking the ball at the bottom of the bounce rather than the top.

2. A fake swing. Double or triple swings are not easy and look exciting when played by a pro. Swing at the ball without actually hitting it, then play short or long depending on your opponent's position.

3. Using the body. Turn your body in the opposite direction of where you want the ball to go. e.g. for a forehand straight drive, at the point of impact, turn your body towards the left and lure your opponent into following it.

4. Surprise. Play a set pattern repeatedly, then just when your opponent is about to anticipate your set pattern, change it. Perhaps combine this with shot deception.

5. Swing speed. Start fast and just at the point of impact hit it slowly, or vice versa.

PRACTISING DECEPTION

Practice your deception all the time. Closed drills help you develop your technique. Practice a chosen deceptive shot repetitively, until the technique and timing are perfected.

Next, move on to open drills where you have a choice of shot options. For example, player A, the front player, can play a straight or cross court drive and Player B only a boast or drop. Instantly, use of deception comes into play.

Finally practice it in a game situation. The more you think about it and attempt it, the better you become at it.

Players at all levels must possess deceptive shots that can be employed confidently during a match. Putting it simply, adding deception to your armory will help you win more matches.



COACHING COURSES - DEVELOPMENT COACH (SKILL LEARNING)

COMING SOON TO A DISTRICT NEAR YOU!

We have completed our first “Skill Learning” practical course. Thanks to Emma Millar, Squash Waikato and the Hamilton Squash Club, allowing us to pilot the first course. This course brings to life the online learning modules in www.SquashSmart.co.nz website.

This hands-on course we explore –

- Player analysis,
- Using progressions to develop skill
- Modern approaches to coaching skill & adaptability

Check out the action here <https://youtu.be/50VUsDzbZal>

Our next course is in Christchurch on the 2nd of September at the Richmond Club

For more information contact your District or Fletch jason@squashnz.co.nz



G.J. Gardner. HOMES