



6 Weeks to Better Movement Program

Introduction

This program is for beginner and intermediate level squash players looking to improve their movement around the court. You will be introduced to basic footwork patterns and complete short workouts to practice what you have learned.

Try your best to perform three workouts per week. Repeat workouts when necessary if you would like more practice in a specific area. Take as much rest as you need between sets.

Sample Schedule

Week 1

Day 1 (Monday)

- 10 slow movements to the left (Volley Left)
- 10 slow movements to the right (Volley Right)
- 10 movements to the left (Volley Left)
- 10 movements to the right (Volley Right)
- 10 slow movements alternating sides (Volley Right - Volley Left)
- 10 movements alternating sides (Volley Right - Volley Left)

Day 2 (Wednesday)

Requires a premium membership

Day 3 (Friday)

Requires a premium membership

Week 2

Day 4 (Monday)

60 seconds slowly alternating Volley Right & Front Right

60 seconds slowly alternating Volley Left & Front Left

60 seconds alternating Volley Right & Front Right

60 seconds alternating Volley Left & Front Left

90 seconds repeating the pattern Volley Left, Front Left, Front Right, Volley Right

Day 5 (Wednesday)

Requires a premium membership

Day 6 (Friday)

Requires a premium membership

Week 3

Day 7 (Monday)

Ghosting working using the Pursuit of Squash Ghosting App

Settings:

- Number of sets: 4
- Number of reps: 10
- Rest: 20s
- Shot Interval: 8s

Day 8 (Wednesday)

Requires a premium membership

Day 9 (Friday)

Requires a premium membership

Rest Week (Optional)

Week 4 - Learning Open Movement

Day 10 (Monday)

All movements to be done using the open stance movement pattern

10 Volley Right 50% speed
10 Volley Left 50% speed
10 Volley Right 75% speed
10 Volley Left 75% speed
10 shots alternating sides linking the movement at 50% speed
10 shots alternating sides linking the movement at 75% speed

Day 11

Requires a premium membership

Day 12

Requires a premium membership

Week 5 - Coming Soon

Day 13 (Monday)

All movements to be done using the open stance movement pattern

2 minutes - Super Slow - Front Right - Open Movement

2 minutes - Super Slow - Front Left - Open Movement

2 minutes - Slow - Alternating Front Corners - Open Movement

Day 14

Requires a premium membership

Day 15

Requires a premium membership

Week 6 - Coming Soon

Day 16 (Monday)

2 minutes - Super Slow - Back Right - Open Movement

2 minutes - Super Slow - Back Left - Open Movement

2 minutes - Slow - Alternating Back Corners - Open Movement

Day 17

Requires a premium membership

Day 18

Requires a premium membership