

Squash Skills Program:

- Systematic course in skill acquisition
- Aid in teaching and learning squash
- Can be accessed from any location
- Learn at own pace
- Video examples provided
- Recognition certificates at Levels 5, 10, 15, 20
- One-off, affordable payment

SQUASH SKILLS

SQUASH AUSTRALIA *squashvic*

WELCOME TO THE SQUASH SKILLS PROGRAM

SQUASH AUSTRALIA *squashvic* **Victoria** The Place To Be

PROGRAM OVERVIEW

Home Logout

Welcome to the program, here are a few things to know about the course and what's things about them.

Levels 1-6 Overview
Levels 1-6 are entry-level programs (Levels 1 and 2 are also for children), they're an introduction and start process to learn with the basic skills of the game of squash that are necessary for your competition squash.

Levels 6-10 Overview
Levels 6-10 deal with a greater range of skills, and are there to help you practice in games. To be ready for Level 10 will need a high level of skill at most of the shots in squash and a qualified squash coach will normally be necessary to teach these skills to the standard required.

Levels 11-15 Overview
Levels 11-15 move into the more difficult area of volleys, angles and marking & refereeing. Again, a squash coach will be of great assistance in attaining these skills.

Levels 16-20 Overview
Levels 16-20 require a high degree of precision in both striking with and movement (especially in Level 20) which is considered to be quite difficult. Again, a squash coach will be of great assistance in attaining these skills.

Assessment Form

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LEVELS 1-5 OVERVIEW

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Level 1

- LEVEL 1.1: FOREHAND DRIVE x 1
- LEVEL 1.2: BACKHAND DRIVE x 1
- LEVEL 1.3: SERVE FROM LEFT x 1
- LEVEL 1.4: SERVE FROM RIGHT x 1

Level 2

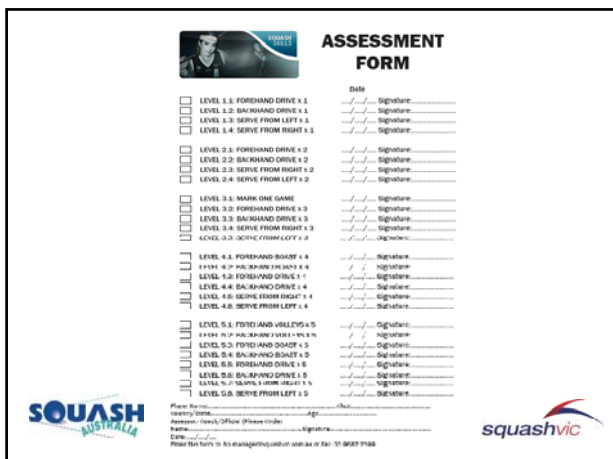
- LEVEL 2.1: FOREHAND DRIVE x 2
- LEVEL 2.2: BACKHAND DRIVE x 2
- LEVEL 2.3: SERVE FROM RIGHT x 2
- LEVEL 2.4: SERVE FROM LEFT x 2

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LEVEL 1.1: FOREHAND DRIVE X 1

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ASSESSMENT FORM

Date: _____

Signature: _____

LEVEL 1.1. FOREHAND DRIVE x 1

LEVEL 1.2. BACKHAND DRIVE x 1

LEVEL 1.3. SERVE FROM LEFT x 1

LEVEL 1.4. SERVE FROM RIGHT x 1

LEVEL 2.1. FOREHAND DRIVE x 2

LEVEL 2.2. BACKHAND DRIVE x 2

LEVEL 2.3. SERVE FROM RIGHT x 2

LEVEL 2.4. SERVE FROM LEFT x 2

LEVEL 3.1. MARK ONE GAME

LEVEL 3.2. FOREHAND DRIVE x 3

LEVEL 3.3. BACKHAND DRIVE x 3

LEVEL 3.4. SERVE FROM LEFT x 3

LEVEL 3.5. SERVE FROM RIGHT x 3

LEVEL 4.1. FOREHAND BOAST x 4

LEVEL 4.2. BACKHAND BOAST x 4

LEVEL 4.3. FOREHAND DRIVE x 4

LEVEL 4.4. BACKHAND DRIVE x 4

LEVEL 4.5. SERVE FROM RIGHT x 4

LEVEL 4.6. SERVE FROM LEFT x 4

LEVEL 5.1. FOREHAND VOLLEY x 5

LEVEL 5.2. BACKHAND VOLLEY x 5

LEVEL 5.3. FOREHAND SHOT x 5

LEVEL 5.4. BACKHAND SHOT x 5

LEVEL 5.5. FOREHAND DRIVE x 5

LEVEL 5.6. BACKHAND DRIVE x 5

LEVEL 5.7. SERVE FROM LEFT x 5

LEVEL 5.8. SERVE FROM RIGHT x 5

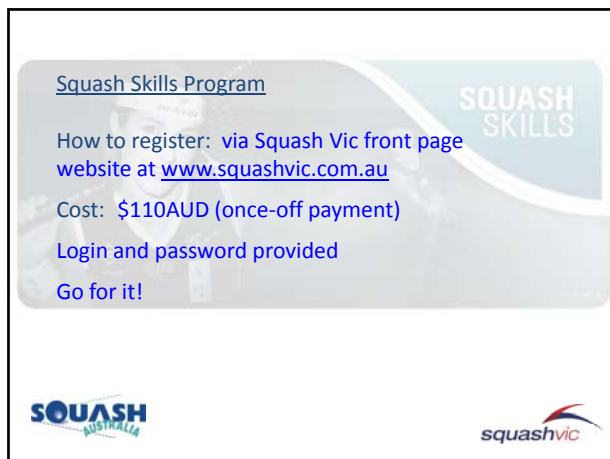
Name: _____

Address: _____

Phone: _____

Date: _____

Please bring to: 80 Swanston Street Melbourne VIC 3121



Squash Skills Program

How to register: via Squash Vic front page website at www.squashvic.com.au

Cost: \$110AUD (once-off payment)

Login and password provided

Go for it!




Squash Skills Program – registration of interest

Name: _____

Email: _____

Country: _____

(please hand to Sarah following presentation)