



SSC  
Eindhoven



# Squash Course

**Beginners:** In the beginners course, you learn the basics of squash. The rules, equipment and all the types of shots are covered such as the forehand, backhand, service, boast, drop and volley, and the right racket and running techniques for your first match. Each session covers a different topic to give you the very basics you need to learn how to play squash. This course is intended for participants without any experience.

**Advanced:** The advanced course is designed to take your skill to the next level. This course is intended for participants who already possess a foundational level in squash and play the game on a semi-regular basis, have an understanding of the rules, and perhaps already know of the different types of shots and tactics. The goal of the course is to enhance your physical acumen, tactical approach and to refine what skills you already possess. During the course various advanced topics will be covered such as: types of shots, shot selection, service return, movement and mobility, how to deal with interference. In addition to the above there will be drills on common patterns seen in the game, and a focus on match play and feedback with handicaps and conditions.

**Price:** € 15,-

**Time & Location:** Squash Courts

- **Beginners** Monday, Tuesday & Wednesday 16h00 - 16h45
- **Advanced** Monday 17h00 - 17h45