

HITS & GIGGLES PARTICIPATION GUIDE

Beginner (6 week program)

The Hits & Giggles Beginner player is someone who has had little or no experience of Squash or Racquetball and would like to start from the very beginning. Basic skills are covered and the sessions are all about building confidence and skills whilst having fun.

A Hits & Giggles **Beginner** player is likely to...

...be unable to serve consistently or not confident with serving

...be unsure of the rules and how to play

...struggle to return the ball in a rally over 3 hits

Intermediate (6 week program)

The Hits & Giggles Intermediate player is someone who has played before, either in previous Hits & Giggles Programs or in the past and is looking to increase their capabilities. Basic skills are covered and the sessions are about building on existing skills and confidence whilst having fun.

A Hits & Giggles **Intermediate** player is likely to...

...be able to serve 3-5 times consistently and be semi-confident serving

...have a basic understanding of the rules and how to play

...able to return the ball in a rally over 3 hits, but struggle to return the ball in longer rallies

Advanced (6 week program / or ongoing)

The Hits & Giggles Advanced player is someone who has played quite a bit before, either going through several Hits & Giggles Programs or is socially active and would like to refine their skills. Basic skills are covered and refined, with the sessions about increasing awareness and accuracy whilst maintaining fitness, confidence and having fun.

A Hits & Giggles **Advanced** player is likely to...

...be able to serve consistently most times and be confident serving

...have a basic to intermediate understanding of the rules and how to play

...be able to rally consistently and confidently

Advanced PLUS (6 week program / or ongoing)

The Hits & Giggles Advanced **PLUS** player is someone who has played quite a bit before or is currently playing pennant at a Ladies C Grade number 1 level or above and would like to further improve on their skills. Participants will be able to include in their repertoire squash drills that will allow them to: a) better tighten the ball to the side wall and achieve better length for straight drives and volleys, b) hit back wall drives, c) target more efficient crosscourt drives, drop shots and boasts. The sessions include an increase of court awareness, accuracy and footwork whilst maintaining fitness, confidence and having fun.

A Hits & Giggles **Advanced PLUS** player is likely to...

...be able to comfortably volley forehands and backhands

...be able to straight drive behind the service box/back corners forehands and backhands

...be able to boast comfortably forehands and backhands

...be able to consistently serve touching the side wall behind the service box