

Mobility



Mobility and stability exercises are very important for squash players of all ages and abilities. Squash is very explosive and physically demanding, the joints are put under a huge amount of stress. Too many people ignore mobility work in their training yet it is a crucial aspect which allows players to move their limbs and joints through their full range of movement. By regularly including mobility work in training regimes players will reduce the chance of getting injured, it will improve efficiency of movement, increase performance and help with flexibility.

Mobility Session

Exercise 1: The Rotator

Repetitions: 12 each side

Focus: Back/Spine

Put a towel or mat on the floor and kneel with hands on the floor below your shoulders; you should have a right angle between your calves and your hamstrings all of the time. Keep the hips fixed and walk your hands to one side, as far as you can go, keeping the hands under your shoulders. Walk back to the middle and then to the other side.

Exercise 2: The Robot

Repetitions: 20

Focus: Shoulders

Stand upright with your back against the wall. Lift your arms at 90 degrees but keep them pressed against the wall. Twist your palms downwards and touch the wall.

Exercise 3: The Lunge

Repetitions: 12 each leg

Focus: Hips



Mobility

Start in the press up position. Then bring one foot forward into a lunge position, the aim is to place the foot in front of the hand. Go back to the starting position and repeat with the other leg.

Exercise 4: The Sumo Squat

Repetitions: 12

Focus: Hips/Total Body

Have your feet wider than your shoulders and pointing out at 10 o'clock/2 o'clock. Hands above your head (you can hold a racket to help your posture) with the elbows locked. Keeping your heels on the ground squat as low as your Range of Motion will allow.

Exercise 5: The frog

Repetitions: 15

Focus: Hamstrings/Knees

Get yourself into a frog position (squat down and put your hands on the floor with legs either side). Keeping your hands on the floor straighten your legs.

Exercise 6: The crab

Repetitions: 12 each side

Focus: Hips

Lie face down with arms bent at 90 degrees and legs straight. Keeping your arms in the same position bring one knee up to meet your elbow. Then bring your leg back to the starting position and repeat on the other side.

Exercise 7: The Table

Repetitions: 10 each side

Focus: Hamstrings and Hips

Single Leg Stiff Dead Lift, use the racket to help you balance. Lean forward with your arms out in front and one leg lifting straight behind you. Hold as straight as you can and then come back to standing.

IT IS VERY IMPORTANT TO INCLUDE A MOBILITY SESSION IN YOUR TRAINING AT LEAST ONE-THREE TIMES PER WEEK