

SQUASH AND RACKETBALL COACHING



I have been playing Squash (and more recently Racketball) for nearly 40 years and a coach for over 30 years.

My main aims are:

- *Helping young players whether as Individuals or in small groups of friends or siblings*
- *Ensuring “adult” squash players “get started” with the correct habits of grip, swing and stance etc*
- *Introducing all players to the benefits of Racketball and how the game can help their tactical awareness at Squash*
- *Being flexible by offering “daytime” sessions as well as other times*
- *Making life easy by providing goggles, rackets and balls for sessions (where needed); even shoes sometimes!*

I charge £10 for a 45-minute session but in some cases I do offer a “free” session or discount for a group of lessons

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