




Squash Coaching with Peter Bond

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England Squash Advanced Level Coach

For all aspects of coaching, training, racket restrings and advice

Individual sessions: develop specific aspects of your game on a one to one basis

Group sessions: work together in pairs or larger groups - beginners' courses
improver groups, fitness training

Squad training: for advanced players - routines and drills to sharpen your game
based on attack, court speed, footwork

Racquet stringing: all types of racquets restrung, stringing advice, grips etc.

I have many years experience coaching adults and juniors, including Hampshire County and Southern Area Juniors, maintaining an Under-16 team in the top 5 nationally.

I use a "holistic" approach to the game, based on a technical grounding, using spatial, visual and physical concepts which can be adapted to suit any level and style of play.