



DREW'S Diagnosis

England Squash
high performance
coach Lee Drew on
topical issues



COLL'S COUNTER!

New Zealander Paul Coll is renowned for his physicality and movement. Who can forget the rally that included spectacular diving and retrieval against James Willstrop, and went viral after the 2016 Canary Wharf Classic?

It is because of this standout super-strength that some of his squash prowess can be overlooked or not talked about as much. However, over the past 18 months this side of Coll's game has developed considerably, making him a dangerous opponent against any of his peers.

One of the shots that has caught my eye is his counter-drop in both front corners and how he uses this weapon to attack players.

I asked him how he uses the drop tactically, how he thinks about it technically and how he practises it.

Coll replied: "Tactically, I am looking to move my opponents

into the front, not necessarily to win the rally, but more to put my opponent under pressure and attack the next ball fast and early."

This would help to explain Coll's consistency in the shot, looking to get the ball tight and limiting options, rather than trying to hit an outright winner.

He continued: "Technically, when I am playing the shot, I work hard to be in a very stable position and look to take the ball out in front of my body, so that I can take it as early as possible. If I am stable, I am less likely to make a mistake or give away a stroke, having failed to clear."

When asked about practising the shot, he gave these tips:

- "I ghost a lot, concentrating on my stability in and out of the front corners"
- "I also play a boast to myself and counter the boast"
- "Another practice I do on my own is to counter-drop to myself over and over, looking to get the ball as tight as possible"
- "If you have a coach or a practice partner, get them to feed the ball into the front, so that you can practise moving on to the ball and hitting the shot"