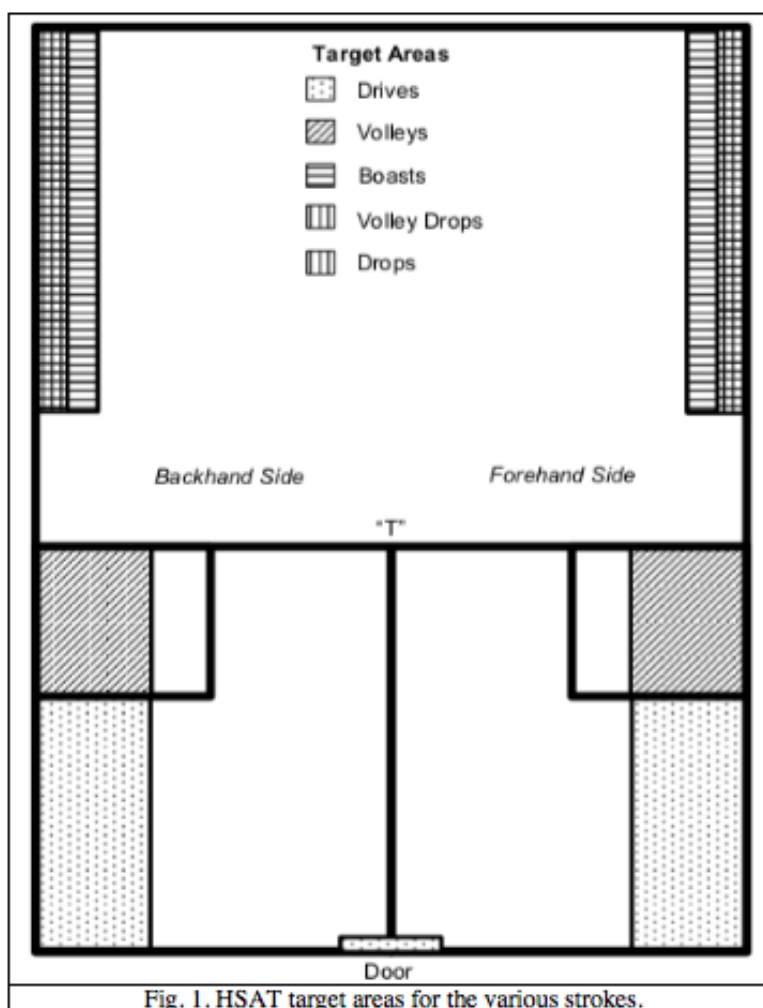


The Hunt Squash Accuracy Test

[The Hunt Squash Accuracy Test](#) (HSAT) was originally designed by Australian squash legend [Geoff Hunt](#) during his time in Qatar at the [Aspire Academy](#). The goal behind the designing such a test was relatively simple: to test the hitting accuracy of his players across a number of squash shots.

[The Hunt Squash Accuracy Test](#) (HSAT) is a validated method of assessing the accuracy and performance of squash players whilst supporting evidence also shows efficacy towards it being used to track shot improvements and predict match-play performance (note there were extremely small sample sizes and the players whom were tested were not elite).

In total a player will hit 375 shots in order to complete the test. The overall test error score of 1.82% or 6.94 shots. The target areas for each shot type are shown in Figure 1. The test protocol and number of shots is outlined in Table 1.



Prior to the test taking place, participants are to warm the ball up to match conditions. It is recommended that players record the test in order to review afterwards in order to be as accurate as possible. For the feeding portion of the test, a ball machine would be recommended to increase accuracy and reduce human error.

The Hunt Squash Accuracy Test

Shot Type	Max Score	Description
Forehand Drive Middle	50	Hit continuously on the forehand side to self anywhere on the court; the ball must hit the back door (0.9 m wide) after bouncing once, then be played again (the first hit is not counted; this includes when or if the player has to restart due to the ball dying). For the ball to be counted: The ball must hit the back door (0.9 m wide) after bouncing once, then be played again.
Backhand Drive Middle	50	Hit continuously on the backhand side to self anywhere on the court; the ball must hit the back door (0.9 m wide) after bouncing once, then be played again (the first hit is not counted; this includes when or if the player has to restart due to the ball dying). For the ball to be counted: The ball must hit the back door (0.9 m wide) after bouncing once, then be played again.
Forehand Drive Back	25	Hit continuously to self on the forehand side from behind service box; the ball must not touch the side or back wall and must land within 1 m of the side wall (the first hit is not counted; this includes when or if the player has to restart due to the ball dying). For the ball to be counted: The ball must not touch the side or back wall and must land behind the service box and within 1 m of the side wall.
Backhand Drive Back	25	Hit continuously to self on the backhand side from behind service box; the ball must not touch the side or back wall and must land within 1 m of the side wall (the first hit is not counted; this includes when or if the player has to restart due to the ball dying). For the ball to be counted: The ball must not touch the side or back wall and must land behind the service box and within 1 m of the side wall.
Forehand Volley Drive	25	Hit continuously to self from the half-court line on the forehand side, within the service box; the ball must not touch the side wall and must be hit within 1 m of the side wall (the first hit is not counted; this includes when or if the player has to restart due to the ball dying). For the ball to be counted: the ball must not touch the side wall and must be hit within the service box and in 1 m of the side wall.
Backhand Volley Drive	25	Hit continuously to self from the half-court line on the backhand side, within the service box; the ball must not touch the side wall and must be hit within 1 m of the side wall (the first hit is not counted; this includes when or if the player has to restart due to the ball dying). For the ball to be counted: the ball must not touch the side wall and must be hit within the service box and in 1 m of the side wall.
Forehand Volley Drop	25	Standing at the "T", the ball is fed to the player, who must play a volley shot on the forehand side; the ball's 2nd bounce must land within 0.35 m from the side wall and 1 m before the half-court line. For the ball to be counted: the ball's 2nd bounce must land within 0.35 m from the side wall and 1 m before the half-court line.
Backhand Volley Drop	25	Standing at the "T", the ball is fed to the player, who must play a volley shot on the backhand side; the ball's 2nd bounce must land within 0.35 m from the side wall and 1 m before the half-court line. For the ball to be counted: the ball's 2nd bounce must land within 0.35 m from the side wall and 1 m before the half-court line.
Forehand Boast	25	The ball is fed to the player on the forehand side via a straight drive shot approximately 0.5 m from the side wall, then, after ball hits the back wall, the player hits a boast (hits the ball into the near side wall, then front wall); the ball's 2nd bounce must be within 0.7 m from the opposite side wall and 1 m before the half-court line. For the ball to be counted: following the feed, the player must hit the ball so the ball's 2nd bounce must be within 0.7 m from the opposite side wall and 1 m before the half-court line.
Backhand Boast	25	The ball is fed to the player on the backhand side via a straight drive shot approximately 0.5 m from the side wall, then, after ball hits the back wall, the player hits a boast (hits the ball into the near side wall, then front wall); the ball's 2nd bounce must be within 0.7 m from the opposite side wall and 1 m before the half-court line. For the ball to be counted: following the feed, the player must hit the ball so the ball's 2nd bounce must be within 0.7 m from the opposite side wall and 1 m before the half-court line.
Forehand Drop	25	Standing at the "T", the ball is fed to the player on the forehand side, who must play a drop shot; the ball's 2nd bounce must land within 0.35 m from the side wall and 1 m before the half-court line. For the ball to be counted: following the feed, the player must hit the ball so the ball's 2nd bounce lands within 0.35 m from the side wall and 1 m before the half-court line.
Backhand Drop	25	Standing at the "T", the ball is fed to the player on the backhand side, who must play a drop shot; the ball's 2nd bounce must land within 0.35 m from the side wall and 1 m before the half-court line. For the ball to be counted: following the feed, the player must hit the ball so the ball's 2nd bounce lands within 0.35 m from the side wall and 1 m before the half-court line.
Volley Mixed	25	Standing behind the "T", one foot must stay either side of the mid-court line; the ball is hit with alternate forehand and backhand shots continuously without hitting the floor (the first hit is not counted). For the ball to be counted: the ball must hit with alternating forehand and backhand volleys without the ball hitting the floor whilst one foot stays behind the mid-court line.

Total Overall Score: 375

Table 1. Shot definitions, protocol and number of attempts taken in the HSAT.

References

- Williams, B. K., Bourdon, P. C., Graham-Smith, P., & Sinclair, P. J. (2015). A quantitative analysis of squash shot accuracy. In *ISBS-Conference Proceedings Archive*.
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