

MY GAME PART 2

RAMY ASHOUR

In part two of a short series from Prince, *Squash Player's* Ian McKenzie talks to Ramy Ashour about practice, instinct, adrenaline and his secret footwork

Q. You are in front of the short line when you play a lot of your shots. Why?

Adrenaline pushes you. It is going to motivate you or it is going to glue your feet to the floor. You can't replicate this in training.

Q. When you practise, what exactly do you do?

I do the same practices as any other player, but it is all about how you control them. I train to control the ball.

Q. Everyone watches your racket work, but your footwork seems special. Why is that?

I did a lot of footwork [training] when I was young. It has stuck with me and from that I developed a movement that works for me.

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Q. What sort of footwork training do you do?

Ghosting. Everyone has to do it. How you do it depends on why you are doing it. Are you doing it because you have bad steps or for conditioning?

Q. When you play a practice game, do you concentrate on particular shots?

Every time you go on court you need to practise for something. You can't just go on court.

Q. Do you work out your practice beforehand?

Yes, yes, definitely. It is my job, so I am thinking about it 24/7. I have to think why am I training, why am I playing a match today, why am I hitting drills. You always have to think about your weakness and your strengths. You can't just practise on our favourite things. You have to practise on the things that are annoying you.

Q. When you play, people think you just work everything out on court. Do you?

I don't. It takes a lot to get there.