

A Coaches Guide to Delivery

Welcome to the NSqF Junior Levels Squash Course. This pack will guide you through a junior course programme, providing you with key areas to focus on within a structured delivery programme. Each session has useful videos, providing “How to do it” guidance.

The course is designed to be progressive and give your juniors the tools to steadily progress their knowledge of the sport, while being tested through the “Junior Levels” and achieve visible progress.

As a young person progresses onto the next level they also move up to the next course.

This progressive course covers all of the key aspects of squash including grip, footwork, movement patterns, racket swing, different shots and game play along with development of the essential skills of winning and losing, interaction with others, working on your own and as part of a team, honesty, integrity and fairness, fitness and making friends through sport.

Age: 4 to 19

Skill: any skill level

Single Course Duration: 6 weeks

Sessions: 1hr per week

Category	Course 1	Course 2	Course 3
Minis (age under 10)	Mini Starters	Mini Aspire	Mini Inspire
Juniors	Junior Starters (up to lvl 4)	Junior Aspire (above lvl 4)	Junior Inspire (Lvl 6 +)

Video library is available for visual demonstrations of specific warmups, routines and games.

Sections within the library:

- Warmups
- Racket Skills
- Movement
- Routines
- Coach Feeds
- Games