

# Junior Aspire



Up to level 6

This is a program designed for kids continuing their squash journey, further developing their squash specific skills.

Main focus is to create fun and active sessions full of movement and skill development.

How long: 6 weeks

Sessions: 6 x 1 hour

**Main goal:** Learning to Train

# WEEK 1

**MAIN FOCUS:** Learning how to move most efficiently and effectively around the court

<b>Exercises</b>	<b>Description</b>	<b>Video Library</b>
t.ball footwork	Choose a tennis ball footwork warmup from the video library	Warmups
lunging reactions	Choose a movement reaction type warmup from the video library	Warmups
Quality recoil	Players start on short line, move to front, lunge in and focus on quality recoil (return) to the short line. Lunge needs to be stable and powerful on return	Movement
Ghosting	Setup 4 corners with cones. Players move to all 4 cones, 4 times (16 total movements), rest while other player is moving. Focus on quality movement	Movement
Ghosting game	Play squash without a ball. Focus on good movement and positioning on shots	Movement
Gameplay	Practice learnt ghosting while playing normal game of squash, all shots above s.line	Gameplay

# WEEK 2

**MAIN FOCUS:** Movement through routines

<b>Exercises</b>	<b>Description</b>	<b>Video Library</b>
t.ball footwork		Warmups
lunging reactions		Warmups
mini drops	in pairs, play drops from a big distance on the ball, focusing on lunging in and reaching to the ball	Routines
crosscourt	in pairs, players stand on edge of opposite s.bboxes, play crosscourts to each other, trying to keep too much distance to lunge in and reach for a crosscourt	Routines
Drives	in pairs, players rotate and play drives. Focusing on lunging and reaching into the shot	Routines
Partner routines	One player plays drops, one plays drives, focus on spacing	Routines
Partner routines	One player plays drives, one plays boasts, focus on spacing	Routines
Gameplay	normal game, tag the T between shots, focus on lunge and reach while hitting the ball	Gameplay

# WEEK 3



**MAIN FOCUS:** Growing the T, Volleys

<b>Exercises</b>	<b>Description</b>	<b>Video Library</b>
t.ball footwork		Warmups
t.ball reactions	one plays throws ball at partner (out of reach), partner needs to catch the ball on volley. focus on quick feet at quick reactions	Warmups
Volleys	in pairs, volley crosscourts, focusing on swing (wrist above shoulder)	Racket Skills
Volleys	in pairs, volley drives, one player stands in front court, second player behind short line, both playing volley drives. Front player focuses on quick reactions , back player on soft hands	Racket Skills
Gameplay	everything above s.line. Focus on trying to volley as much as possible	Gameplay

# WEEK 4

**MAIN FOCUS:** Learning how to move most efficiently and effectively around the court

## Exercises

team warmup  
lunging  
Coach feed  
Pairs  
Pairs  
Pairs  
Gameplay  
Gameplay

## Description

t.ball with footwork  
Simple lunges, alternate legs. X50 in total  
coach feed drops, players play drives. Focusing on Followthrough quality (direction and relaxation)  
drop and drive, in pairs, focus on followthrough quality  
boast and drive, focus on followthrough quality  
drops, one player feeds drops, other player plays drops. Quality of followthrough  
front court play, above s.line, focusing on followthrough quality  
full court play

## Video Library

Warmups  
Warmups  
Coach feeds  
Racket skills  
Racket skills  
Racket skills  
Gameplay  
Gameplay

# WEEK 5



## MAIN FOCUS: Quality Targets

### Exercises

team warmup  
lunging  
Targets  
Targets  
Targets  
Targets  
Gameplay  
Gameplay

### Description

Choose a team warmup from the video library  
Simple alternate lunges. X50 in total  
Rotation drives into s.box  
Drive Boast Cross, targets are width of s.box  
Drive Drive Drop, targets are width of s.box  
Drive Drive Cross, width of s.box  
first to hit 30 s.box widths on any shot  
first to hit 3 targets (markers on floor)

### Video Library

Warmups  
Warmups  
Routines  
Routines  
Routines  
Routines  
Gameplay  
Gameplay

# WEEK 6

**MAIN FOCUS:** Tactical development

<b>Exercises</b>	<b>Description</b>	<b>Video Library</b>
team warmup		n/a
Drives and Drops	rotation drives, drop when bad ball is returned	n/a
Boasts and Drops	1 players boasts, 1 player drops	n/a
Drops and Lobs	lobbing on any drop in the game	n/a
Volleys long and short	volleys on any loose shot, long when unsure, short when clearly in front	n/a
Gameplay	use shot pairings to construct a rally	n/a