

Junior Inspire

Level 6 and above



This is a program designed for kids continuing their squash journey, taking their game to the regional level and beyond.

Main focus is to create a quality focused training environment.

How long: 6 weeks

Sessions: 6 x 1 hour

Main goal: Learning to Train

WEEK 1



MAIN FOCUS: Developing ability to play from the back corners

Exercises	Description	Video Library
warmup	Pick a warmup from a warmup library	Warmups
Coach feed	drives to back, players learn to approach corners and play boast or straight	Coach Feeds
Drives	rotation drives, width of s.box	Routines
Drives	rotation drives, behind s.box	Routines
Routine	Boast Cross Drive, learning to boast after back wall	Routines
Open Routine	Drives and Crosscourts, pushing the ball back past s.box	Routines
Gameplay	backcourt play, 1st bounce after short line	Games

WEEK 2

MAIN FOCUS: Developing multiple options on the serve

Exercises

warmup

Description

Pick a warmup from a warmup library

Demo

serve medium, soft high, hard serve. Return on volley or wait (evaluate difficulty)

Practice

Serve and return, in pairs, 10 times each then swap

Demo

serve wide, serve body, serve wall. Return on volley or wait (evaluate difficulty)

Practice

serve and return, in pairs, 10 times each then swap

Gameplay

Video Library

Warmups

Racket Skills

Routines

Routines

Routines

Games

WEEK 3

MAIN FOCUS: Developing ability to follow up shots, reading the game and taking the next ball early

Exercises	Description	Video Library
warmup	Group game, pick from a video library	Warmups
Demo	how to followup shots. Recognising patterns (boast after a tough drive). Holding the T to control the game and move to next shot as soon as you see it	
Practice	one player, option drive or drop, second player focuses on reading the game and moving early.	Routines
Practice	one player, option drive or cross (from front), second player focuses on reading and moving early	Routines
Practice, Gameplay	one player, drive or boast (from back), second player focuses on reading and moving early	Routines
		Games

WEEK 4

MAIN FOCUS: Developing ability to play dying length i.e. drives and crosscourts to the back of the court will aim to land the second bounce directly into the back nick.

Exercises	Description	Video Library
Warmup	Relay race, tag	Warmups
Warmup	Lunges from a distance, stand on short line, move to the front wall, lunge on last step, return back. Repeat for 2 mins	Movement
Coach feed	coach feeds easy drops, players focus on dying length. Technical details are: high racket prep, cut through the ball, followthrough into front wall	Coach Feeds
Pairs	one player feeds drops, second player play dying length. Swap each 5 shots	Routines
Pairs	rotation drives, one player plays drives above s.line, second player focuses on dying length	Routines
Gameplay	dying length scores a direct point	Games

WEEK 5

MAIN FOCUS: Developing ability to vary the pace of play. Hitting the ball with various strength and height

Exercises

warmup

Movement

Demo

Practice

Practice

Gameplay

Description

Tag

Lunging into 4 corners of the court, 10mins for everyone (30sec on, 30sec off)

use full front wall height. Drops, Drives, Lobs

rotation drives, option to go low kill, medium and high lob

backcourt game, option to go low kill, medium, high lob

vary the pace of you length game

Video Library

Warmups

Movement

Routines

Routines

Games

WEEK 6

MAIN FOCUS: Developing ability to build a rally. Recognise how to build, attack and defend

Exercises	Description	Video Library
Warmup	4 footwork patterns, pick from video library	Warmups
Demo	How do we build, when to attack and when to defend	
Practice	Build up the game (drives and crosscourts - quality shots)	Routines
Practice	Build and Attack - any loose balls, go for attacking style shots	Routines
Practice	Build and Defend - any tough balls, use defense (lobs, tight drops etc...)	Routines