

JUNIOR LEVELS

NSqF Junior Player Pathway

Designed for developing youth squash players, as part of the Norwegian Squash Federation Junior Player Pathway.

Developing all round motor skills, as well as basic and in-depth understanding and ability of squash.

Each level consists of skills necessary for quality youth squash development. Speed, Agility, Coordination, Movement, Ball and Racket Skills.

PURPOSE OF JUNIOR LEVELS:

- Offer a detailed player development pathway with clear guidelines on how to progress
- Improve coaching quality and guidance for coaches when creating long-term programs for players
- Create a balanced and competitive environment for the current junior competitions

Passing each level represents a celebration of improvement and progress for each player

Level 1: Base coordination, racket skill and movement

Level 2: Progress in coordination, racket and ball skills

Level 3: Base rules and understanding of the game of squash (obligatory for all players)

Level 4: Basics of movement and intermediate racket skills – intro to competition

Level 5: Basic squash shots

Level 6: Basic multi player routines, intermediate racket skills (potential for Regional level)

Level 7: Intermediate racket skills and multi player routines

Level 8: Intermediate skills, routines and game play

Level 9: Advanced racket skills, routines and game play (potential for National level)

Level 10: Complex scenarios

Level 1

| | Type | Details | Target Area | To Pass | Coaches view |
|---|---------------------|---|-------------|------------------------|--|
| 1 | Hockey Push | Hold a racket and push the ball on the floor, from back wall to front wall, maintaining control over the ball | | 2 lengths | |
| 2 | Pizza Carry | Hold a racket parallel with floor, carry a ball on the strings from back wall to front wall, maintaining control | | 2 lengths | Player must hold a correct grip while doing the routine |
| 3 | Hockey Lines | Hold a racket and push the ball on the floor along the floor lines, must cover all floor lines with the ball, while maintaining control over the ball | floor lines | one time | |
| 4 | Runners | Run in spot continuously | | 30sec each | |
| 5 | Front Back Footwork | Stand in front of short line, step with each foot over it and back, continuously. | | 30sec each | |
| 6 | Lunge | Hold a lunge. Both legs | | 15sec each | |
| 7 | Lunge Motion | From a standing position, lunge in and back to a standing position | | 10 times each | Player must bend both knees, where back knee is almost touching the floor |
| 8 | Mini Drops | Solo dropshots against a front wall. Both sides | | 10 in a row, each side | stand sideways when hittin the ball (shoes, hips, shoulders), wrist of playing hand to be above shoulder hight |

Level 2

| Type | | Details | Target Area | To Pass | Coaches View |
|------|------------------------|--|---|----------------|--|
| 1 | Side to side footwork | running motion with stepping to the side with each leg | | 30 sec | Video example #1 |
| 2 | Twist footwork | While running in place, Place one foot in front of the other while turning the hips to the side | | 30 sec | Video example #2 |
| 3 | Dynamic Lunge | Running from back wall to front wall, Lunge on the last step before the front wall, and return to the back wall by going backwards | | 10 on each leg | Video example #3 |
| 4 | Volley Partners | Partner throws an easy to hit ball onto the wall, player must hit ball softly on volley back onto the wall, the partner can catch it without moving. FH and BH | | | Video example #4 |
| 5 | Mini Volleys | Solo hit mini volleys back to yourself against a wall. FH & BH | Stay around 1m away from the wall | 5 in a row | stand sideways when hittin the ball (shoes, hips, shoulders), wrist of playing hand to be above shoulder hight |
| 6 | Drop Combo | Solo hit alternating FH and then BH dropshots to the front wall, while staying in the front half of the court | anywhere on front wall and in front quarter | 10 in a row | |
| 7 | Serve to opposite side | Serve to go above service line and land to the opposite side of the court (short or long) | | 5 in 2 minutes | stand facing side wall when hittin the ball (shoes, hips, shoulders), wrist of playing hand to be above elbow height |
| 8 | Return serve | Return a serve successfully | anywhere | 5 in 2 minutes | Stand outside the edge of s.box. Body is facing the side wall when hittin the ball (shoes, hips, shoulders), wrist of playing hand to be above shoulder height |

Level 3

| Questions | | Details | Coaches View |
|-----------|---|--|--|
| 1 | What do the lines of the court mean? | Name all the lines of the court, and what they are used for | |
| 2 | Explain the basics of the serve | Explain where the ball must go, what the position of the players should be and what is a successful return | A successful return is a ball that stays within the rules of the game (below out lines, max one bounce, above tin) |
| 3 | What is a LET, NO LET, STROKE? | Explain in basic view, what is a LET, NO LET, STROKE | Please use simple examples of all 3 situations |
| 4 | How do we score and play? | When does a point count (bounces, lines on floor and walls). 1. What is "in" 2. what is "out" 3. How many points to win a game? 4. How many games to win a match? 5. What happens if ball bounces 2 times? 6. What happens at 10-10? | |
| 5 | What is attitude? | How do we behave before-during-after matches | |
| 6 | What does a good squash grip look like? | Demonstrate a good basic grip | Video Example #5 |
| 7 | Demonstrate | FHD and then BHD swing without a ball. Showing Preparation, point of impact and followthrough | Video Example #13 |

Level 4

| Type | | Details | Target Area | To Pass | Coaches View |
|------|----------------------------|---|----------------------|------------------------|--|
| 1 | Split Step | demonstrate a split step motion, jump and run any direction | | 8 in 2 minutes | Aim is to show the ability to move in any direction desired by the player Video Example #6 |
| 2 | Blind Lunge | Hold a lunge with eyes closed | | 15sec each | |
| 3 | T to lunge | from T position run into all 6 corners of court and lunge in and out of the corners | | 4 rounds | Video Example #7 |
| 4 | Solo Drives | Play solo drives onto front wall FH & BH | Width of half court. | 5 in a row | stand sideways when hittin the ball (shoes, hips, shoulders), wrist of playing hand to be above shoulder height |
| 5 | Figure 8's with a bounce | Stand on the T, play continuous shots to front right and then front left corner, always letting the ball bounce one time on floor | Above s.line | 6 in a row within 3min | |
| 6 | Side to side with a bounce | Stand on T, play ball to right side wall, let it bounce in front of your feet and then play it to left side wall, let it bounce and repeat. | | 6 in a row | Tip: Get you player to face the front wall to make this practice work better and racket preparation for the next shot should start at the point the previous shot finished Video Example #8 |
| 7 | Coursprints | Run lengths of court | | 10 in 60sec | |
| 8 | Serve | Must serve by the rules | | 5 in a row | stand sideways when hittin the ball (shoes, hips, shoulders) |
| 9 | Game Play | Tag the T between each shot | | 1 time per rally | |

Level 5

| | Type | Details | Target Area | To Pass | Coaches View |
|----|-------------------------|--|---|-----------------|------------------|
| 1 | Split step into corners | From the T, split step each time you move to one of the 6 corners. Demonstrate all 6 corners | | 2 rounds | Video Example #9 |
| 2 | Solo Drives | Play solo drives into the back quarter. Both sides. Each side | Back quarter, width of service box | 10 in 90 sec | |
| 3 | Drive | Partner feeds easy drop, player must deliver drive into the back quarter. Both sides | Back quarter, width of service box | 5 in 1min | |
| 4 | Drive | Partner feeds an over hit length that hits front wall then back wall before hitting the floor. Player must hit the ball straight after the ball has bounced. FH & BH | Same half of court | 4 in 90 seconds | |
| 5 | Drop | Partner feeds easy drop, player must deliver drop into the front quarter. Both sides | Width of 1 racket length, depth of 3 racket lengths | 5 in 1min | |
| 6 | Cross | Partner feeds easy drop, player must deliver cross into opposite back quarter. Both sides | Width of service box | 5 in 1 min | |
| 7 | Boast | Partner feeds drive from front, player must deliver boast from back quarter into front opposite quarter, above s.line. Both sides | Above service line | 5 in 90 sec | |
| 8 | Volley | Partner feeds drive from back, player must deliver volley to back court. Both sides | Behind short line | 5 in 1 min | |
| 9 | Lob | Partner feeds easy drop, player must deliver lob above s.line into the back of court. Both sides | Behind s.box, before back wall | 5 in 90 sec | |
| 10 | Game Play | During one game to 5 points, demonstrate 3 shots from this level, (example Drive, Drop, Boast) | | | |

Level 6

| | Type | Details | Target Area | To Pass | Coaches view |
|----|----------------------------|---|--|----------------------------------|--|
| 1 | Split step reaction | React to a partners "GO", split step and move into any of the corners | | 10 in 90 sec | |
| 2 | Routine: Drive Drive | Routine with 2 players, player must deliver continuous play and tag the T between each shot. Both sides | Ball must land into back quarter | 10 shots in a row for the player | |
| 3 | Routine: Boast Drive | Routine with 2 players, player must deliver continuous play, tag T between each shot. Both Sides | | 10 shots for the player | |
| 4 | Routine: Drive Drive Boast | Routine with 2 players, player must deliver continuous play. Both sides | Drives to land within quarter | 10 shots for the player | |
| 5 | Solo Drives | Player deliver drives landing into the s.box continuously | s.box | 10 in 60sec | |
| 6 | Serve | Must land serve into target. | Width of s.box, behind s.box, before back wall | 5 in 2min | |
| 7 | Return | Must return serve on volley. | Anywhere on court | 5 in 90sec | |
| 8 | Ghost 4 corners | Start from T, move to one corner, lunge in and out, back to T, move to second corner etc... | | 8 in 60 sec | |
| 9 | Game Play | During one game to 5 points, demonstrate playing the ball in all 4 quarters of the court | ball to land in each quarter | | |
| 10 | WSO refereeing | Complete Level 0 on the World Squash Officiating website. | | | www.worldsquashofficiating.com |

Level 7

| | Type | Details | Target Area | To Pass | Coaches view |
|---|----------------------------|--|--|-------------------------|--------------|
| 1 | Solo Drives | Player must deliver drives to the back of court. Ball can be hit before or after back wall. Both sides | Behind s.box, width of half court | 6 in a row, 3min cap | |
| 2 | Drive | Person feeds easy drop, player must deliver drive into back of court. Both sides | Width of s.box, behind s.box | 5 in 1min | |
| 3 | Drop | Person feeds easy drop, player must deliver drop into front corner. Both sides | Width of one racket width, depth of 2 racket lengths | 5 in 1min | |
| 4 | Cross | Person feeds easy cross drop, person must deliver cross into opposite back court. Both sides | Width of s.box, behind s.box | 5 in 90 sec | |
| 5 | Routine: Drive Drive Drop | Routine with 2 players, player must deliver continuous play. Both sides | Width of s.box | 10 shots for the player | |
| 6 | Routine: Boast Drop Drive | Routine with 2 players, player must deliver continuous play. Both sides | On drives, width of s.box | 10 shots for the player | |
| 7 | Routine: Drive Drive Cross | Routine with 2 players, player must deliver continuous play. Both sides | Width of s.box | 10 shots for the player | |
| 8 | Courtsprints | run length of court | | 20 in 60sec | |
| 9 | Game Play | During one game to 5 points, demonstrate playing the ball in 4 corners of the court | ball must land into width of s.box in all 4 corners | | |

Level 8

| | Type | Details | Target Area | To Pass | Coaches view |
|---|----------------------|---|---|-------------------------|-------------------|
| 1 | Solo Drives | Player must deliver drives to back of court, where ball hits back wall on each shot. Both sides | Ball must hit back wall before being played again | 6 in a row, 3min cap | |
| 2 | Routine: Drive Drive | Routine with 2 players, player must deliver continuous play into back quarter, and tag the T. Both sides | Width of s.box | 10 shots for the player | |
| 3 | Cross | Person feeds boast, player delivers cross court into back corner, width of s.box behind s.box. Both sides | Width of s.box, behind s.box | 5 in 90 sec | |
| 4 | Lob | Person feeds easy drive into s.box, player deliver a cross lob above s.line into opposite back corner. 1 extra person to stand on short line with arms stretched out upwards, players ball to go above extra person. Both sides | Width of service box, behind s.box, before back wall. | 5 in 2mins | Video Example #10 |
| 5 | Drop | Person feeds easy drive into s.box from the front of court, player must deliver drop to front. | Width of 1 racket length, depth of 3 racket lengths | 5 in 90sec | |
| 6 | Serve | Lob serve, 1 person stands on edge of s.box, player must deliver ball above that person. | Land before back wall | 5 in 3 mins | |
| 7 | Return | Must return serve to back of the court. | Behind s.box on either side | 5 in 90 sec | |
| 8 | Game Play | During one game to 5 points, demonstrate a powerful shot and a lob shot, during one rally | | | |

Level 9

| | Type | Details | Target Area | To Pass | Coaches view |
|---|-----------------------------------|--|---|-------------------------|--------------|
| 1 | Figure eights | Player to stand on T, deliver volleys into the front two corners of the court, continuously | | 15 in a row in 3 mins | |
| 2 | Volleys | Person feeds drives just above s.line, player must deliver volley straight.. Both sides | Behind short line, width of s.box | 10 in 2mins | |
| 3 | Boast | Person feeds drives, player must deliver boast. Both sides | Below service line | 10 in 2mins | |
| 4 | Drop | Person feeds cross courts, player must deliver straight drop. Both sides | Width of 1 racket length, depth of 3 racket lengths | 10 in 2 mins | |
| 5 | Volley Drop | Person feeds drive just above s.line, player must deliver volley drop into front corner. Both sides. | Width of 1 racket length, depth of 3 racket lengths | 10 in 2 mins | |
| 6 | Routine: Drive Drive V.Drive | Routine with 2 players, player must deliver continuous play within the routine pattern. Both sides | All shots to land in width of s.box | 10 shots for the player | |
| 7 | Routine: Drive Drive V.Drop | Routine with 2 players, player must deliver continuous play within the routine pattern. Both sides | All shots to land in width of s.box | 10 shots for the player | |
| 8 | Routine: Boast / Drop / Lob (any) | Routine with 2 players, player must deliver continuous play within the routine pattern. | Drop to width of s.box, lob behind s.box and before back wall | 10 shots for the player | |
| 9 | Game Play | During one game to 5 points, demonstrate 5 different shots during one single rally (drive, drop, boast, cross, volley) | | | |

Level 10

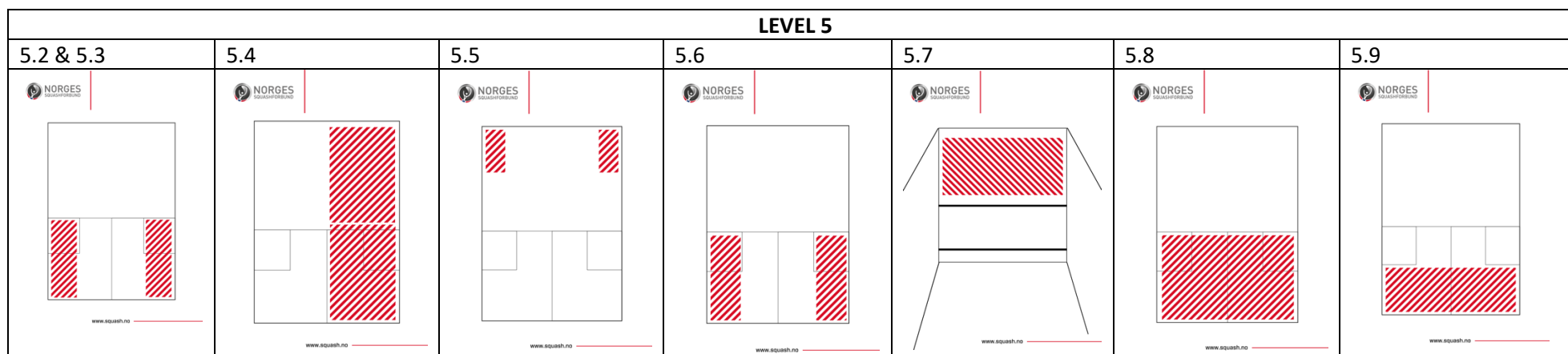
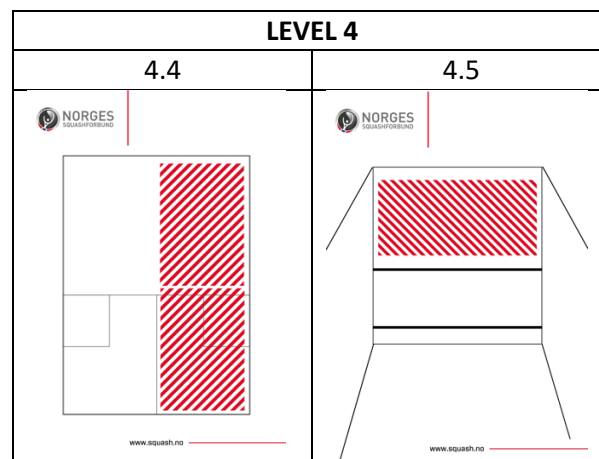
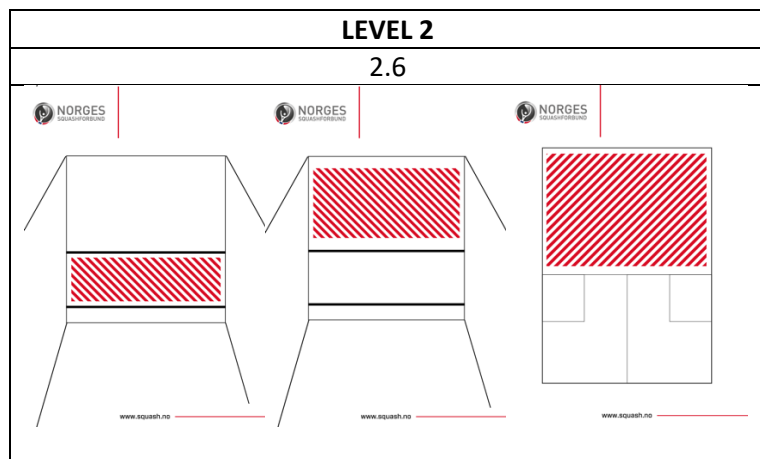
| | Type | Details | Target Area | To Pass | Coaches view |
|---|-------------------|---|---|-----------------------|-------------------|
| 1 | Solo Drives | play solo drives after the back wall | width of racket length, behind s.box, ball bounce before back wall | 10 in a row | |
| 2 | Feeding: sequence | coach feeds 3 shots from the back of the court (Drive, Boast & Drive), player plays Drive after the back wall, cross court and Volley Drive. Both sides | all shots from the player must land behind s.box, width of s.box, before back wall | 10 in a row, 5min cap | Video Example #11 |
| 3 | Feeding: sequence | coach feeds 3 shots from the front of the court (Drop, Drive, Cross), player plays Drop, Drop, Boast | all shots from the player must land in front quarter (for the drops, width of 1 racket length) (for the boast, go below service line) | 10 in a row, 5min cap | Video Example #12 |
| 4 | Game Play | During one game to 5 points, demonstrate volleys to the back of the court, followed by a volley to the front of the court. All within one rally. | for backcourt volleys play the ball behind s.box depth, for front court volleys, play the ball in front of short line and below the s.line) | | |
| 5 | Fitness | complete 100 courtsprints | | under 5.30min | |

Coaching Assessment

Coaches and anyone assessing the players levels should to be aware of the following technical basics as a guideline to maximising quality of the player being assessed:

1. When player is **SERVING** – video example #13 for positioning, swing and movement
2. When player is **RECEIVING THE SERVE** – video example #14 for positioning, swing and movement
3. When player is playing a **DRIVE** – body position **MUST** be turned sideways (shoulders, hips and shoes facing side wall) – wrist of the playing hand needs to be **SHOULDER** or **ABOVE SHOULDER** height before starting the swing
4. When player is playing a **CROSSCOURT** – body position **SHOULD** be turned sideways (shoulders, hips and shoes facing side wall) – wrist of the playing hand needs to be **SHOULDER** or **ABOVE SHOULDER** height before starting the swing
5. When player is playing a **BOAST** – body position **SHOULD** be turned sideways (shoulders, hips and shoes facing side wall) – wrist of the playing hand needs to be **SHOULDER** or **ABOVE SHOULDER** height before starting the swing
6. When a player is playing a **DROP** – body position must be turned sideways (shoulders, hips and shoes facing side wall) – wrist of the playing hand needs to be **ELBOW** or **ABOVE ELBOW** height before starting the swing
7. When player is playing a **LOB** – body position **SHOULD** be turned sideways (shoulders, hips and shoes facing side wall) – wrist of the playing hand needs to be **ELBOW** or **ABOVE ELBOW** height before starting the swing
8. When player is playing a **VOLLEY** – body position **SHOULD** be turned sideways (shoulders, hips and shoes facing side wall) – wrist of the playing hand needs to be **SHOULDER** or **ABOVE SHOULDER** height before starting the swing

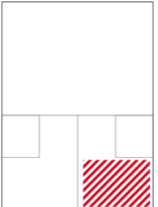
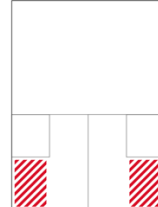
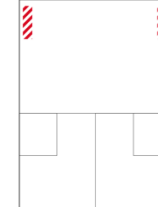
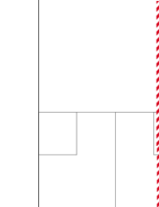
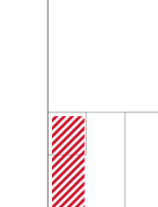
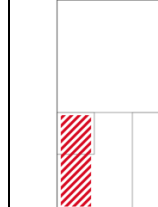
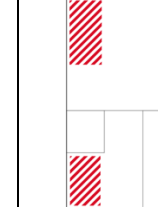
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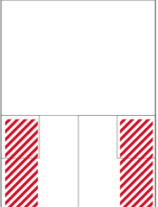

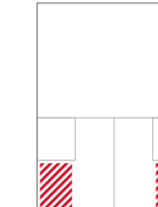
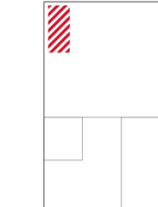
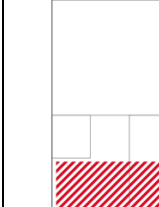
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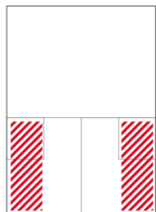
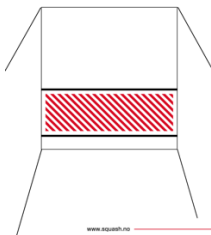
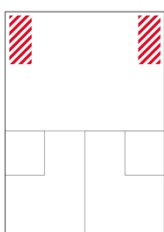
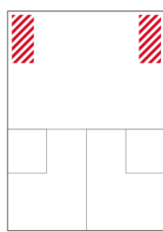
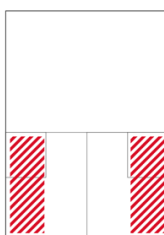
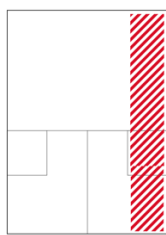
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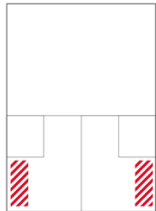
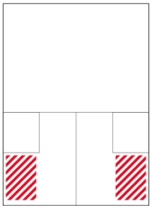
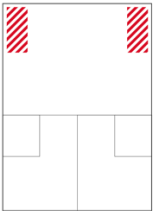
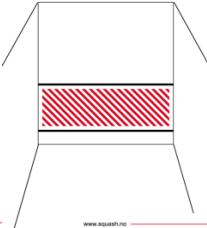
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| LEVEL 10 | | | |
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