

Junior Starters

Up to level 4



This is a program designed for kids starting their squash journey.

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: How to hold a racket

Exercises

Description

Video Library

Warmup

tennis ball game

Warmups

Grip

bounce ball on racket, fhd side to get used to the grip. Then BHD

Racket Skills

Grip

solo or pair drops to get used to the grip

Racket Skills

Drive feed

Coach feeds easy drops, players rotate to play drives. focus on swing quality. Wrist above shoulder, impact, followthrough

Coach Feeds

Drop feed

coach feeds easy drops, players rotate to play drops. Focus on playing wrist only above elbow height

Coach Feeds

Partner routines

in pairs, drives to one side. Maintain swing quality

Routines

Partner routines

in pairs, drops to one side. Maintain swing quality

Routines

Serve and play

Serve position and play

Games

WEEK 2



MAIN FOCUS: Movement quality

Exercises

Warmup

Warmup

Movement

Warmup

Ghosting

Gameplay

Gameplay

Description

Tag

2 footwork patterns from the video library

Basic Lunge

partner feeds ball, player catches it in a lunge

basics of T position and body position on the ball

Tag the T

Lunge in and out of shots

Video Library

Warmups

Warmups

Movement

Warmups

Movement

Games

Games

WEEK 3

MAIN FOCUS: Racket Skills

Exercises

Warmup

Warmup

Movement

Solo skills

Solo skills

Pairs drop and drive

Pairs drop and drive

Gameplay

Description

Tag

Pick 2 footwork patterns from the video library

Basic lunge motion

solo drops with positioning focus, sideways, lunge and wrist above elbow

solo drives with positioning focus, sideways, lunge and wrist above shoulder

drop and drive, focus the same as above

focus on target hitting in a row

Serve and play on one side of court, demonstrating both shots

Video Library

Warmups

Warmups

Movement

Racket Skills

Racket Skills

Routines

Routines

Games

WEEK 4



MAIN FOCUS: Multiple shot play

Exercises	Description	Video Library
Warmup	Tag, air squat hold if tagged	Warmups
Warmup	Pick 2 footwork patterns from the video library	Warmups
Movement	From short line, run to front wall, lunge on the last step, run backwards, repeat x10-20	Movement
Solo skills	solo corner drops, use both walls to understand angles	Racket Skills
Coach feed	coach feeds drives, players move in to play a boast from the back	Coach Feeds
Coach feed	coach feeds boasts, players move in to play a cross from the front	Coach Feeds
Pairs	boast and cross routine, focus on movement and positioning on ball, swing	Routines
Gameplay	play 2 quarter games, using boast, drop and cross only	Games
Gameplay	play 2 quarter games, using drive, boast and cross only	Games

WEEK 5



MAIN FOCUS: Lob & Volley

Exercises

Warmup

Movement

Solo skills

Solo skills

Coach feed

Coach feed

Pairs

gameplay

Description

Tag with a plank if tagged

t.ball partner feeds

mini volleys

mini volley then mini lob (softly pushing the ball to the outline)

coach feeds drops, players lob to the back (cross)

coach feeds drives above s.line, players attempt to volley to the back

one player lobs high up, other player softly tries to volley

full court only above s.line, demonstrate lobs and volleys

Video Library

Warmups

Movement

Racket Skills

Racket Skills

Coach Feeds

Coach Feeds

Routines

Games

WEEK 6



MAIN FOCUS: Matchplay and Refereeing

Exercises	Description	Video Library
Warmup	Tag	Warmups
Basics of refereeing	how to score points, calling the score, lets and strokes, outs and faults	Games
Best of 1 game, PAR to 11 2 players play, 1 referees, rotate		Games