

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





## 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

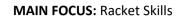


MAIN FOCUS: Movement quality



Exercises	Description	Video Library
Warmup	Тад	Warmups
Warmup	2 footwork patterns from the video library	Warmups
Movement	Basic Lunge	Movement
Warmup	partner feeds ball, player catches it in a lunge	Warmups
Ghosting	basics of T position and body position on the ball	Movement
Gameplay	Tag the T	Games
Gameplay	Lunge in and out of shots	Games

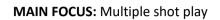
## **WEEK 3**





Exercises	Description	Video Library
Warmup	Tag	Warmups
Warmup	Pick 2 footwork patterns from the video library	Warmups
Movement	Basic lunge motion	Movement
Solo skills	solo drops with positioning focus, sideways, lunge and wrist above elbow	Racket Skills
Solo skills	solo drives with positioning focus, sideways, lunge and wrist above shoulder	Racket Skills
Pairs drop and drive	drop and drive, focus the same as above	Routines
Pairs drop and drive	focus on target hitting in a row	Routines
Gameplay	Serve and play on one side of court, demonstrating both shots	Games

## WEEK 4





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



<b>Exercises</b> Warmup	Description Tag with a plank if tagged	Video Library Warmups
Movement	t.ball partner feeds	Movement
Solo skills	mini volleys	Racket Skills
Solo skills	mini volley then mini lob (softly pushing the ball to the outline)	Racket Skills
Coach feed	coach feeds drops, players lob to the back (cross)	Coach Feeds
Coach feed	coach feeds drives above s.line, players attempt to volley to the back	Coach Feeds
Pairs	one player lobs high up, other player softly tries to volley	Routines
gameplay	full court only above s.line, demonstrate lobs and volleys	Games



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	o 112 players play, 1 referees, rotate	Games

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