

Mini Aspire

Levels 1,2 & 3



This is a program designed for young kids (4 to 9 years of age) continuing on their development pathway after the Mini Starters course.

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

How long: 6 weeks

Sessions: 6 x 1 hour

Main goal: FUNdamentals

WEEK 1



MAIN FOCUS: developing racket skills and basic quality of hitting

Exercise	Description	Video Library
Warmup	1 warmup game from the video library, 2 footwork patterns	Warmups
races	players race in pairs, from back wall to front wall, pickup a squash ball and transfer it back to the team	Warmups
races	players race in pairs, from back wall, run to short line, throw and catch ball, run back to team	Warmups
racket skills	solo drives onto same side of court. both sides, each hit is a point, or hits in a row	Racket Skills
racket skills	Pairs skills, tag the T rotation drops above s.line, drops can be halfcourt drives	Racket skills
Drives	pair feed drives, 1 player feeds drops to the front, 2nd player plays drives into same side of court. Every good hit is a point	Routines
Gameplay	Serve to opposite side, tag the T, play ball on one side of court	Games

WEEK 2



MAIN FOCUS: developing shots, crosscourt

Exercises	Description	Video Library
Warmups		Warmups
racket skills	solo combination of bhd and fhd drops	Racket Skills
racket skills	pairs, soft drops combination with one player hitting fhd, the other bhd	Racket Skills
Crosscourts	coach feeds drops, players hit crosscourts to back quarter, focus on positioning and technique	Coach Feeds
crosscourts	coach feeds drops, players play for points into target	Coach Feeds
Gameplay	serve to opposite side, hit crosscourts to win points	Games

WEEK 3



MAIN FOCUS: Developing shots, boast

Exercises	Description
Warmups	Balance routine
speed	tag race from back wall to front wall
racket skills	solo hit balls into a corner of court, play with angles
racket skills	solo hit balls into corner, get as many in a row where ball hits 2 walls
Boasts	coach feeds mid court drives, players play boast, focus on positioning and technique
Boasts	coach feeds mid court drives, players collect points on each boast
Gameplay	serve to opposite side, any win a point on any boast you play

Video Library

Warmups
Warmups
Racket Skills
Racket Skills
Coach Feeds
Coach Feeds
Games

WEEK 4



MAIN FOCUS: Developing shots, dropshot

Exercises	Description
Warmups	
racket skills	solo drops, as many in a row. Both sides
racket skills	pair solo drops, as many in a row. Players must rotate (no need to go to T)
Drops	Coach feeds drops, players rotate from T to play the drops. Focus on positioning and swing quality
Drops	Coach feeds drops, players get points for each target hit
Gameplay	Serve to opposite side, collect points for each drop played

Video Library

Warmups

RacketSkills

RacketSkills

Coach Feeds

Coach Feeds

Games

WEEK 5



MAIN FOCUS: Developing shots, volley

Exercises	Description
Warmup	x's and o's
footwork	Pick 2 patterns from the video library
racket skills	solo mini volleys
racket skills	in pairs mini volleys
Volleys	coach feeds soft ball above s.line, players play a volley from mid front of court. focus on footwork and technique quality
Volleys	same as above, hit ball to target for points
gameplay	serve to opposite side, volley the return
gameplay	serve to opposite side, count every volley as a point

Video Library

Warmups
Warmups
Racket Skills
Racket Skills
Coach Feeds
Coach Feeds
Games
Games

WEEK 6



MAIN FOCUS: Gameplay

Exercises

Warmup

Warmup

Warmup

gameplay

gameplay

gameplay

gameplay

Description

Pick 2 footwork patterns

Balance routine

Pick a simple movement exercise from the video library

serve to opposite side, volley the return

serve to opposite side, play a drive and a drop within one rally

serve normal, volley the return

serve normal, drive and a boast within one rally

Video Library

Warmups

Warmups

Movement

Games

Games

Games

Games