

Mini Starters



4 to 9 year olds
Levels 1 & 2

This is a program designed for young kids (4 to 9 years of age) stepping on court for the first time.

Main focus is creating 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: Introduction to the GRIP and “how to hold a racket”

Exercises	Description	Video Section
Warmup	Pick 3 footwork exercises from the video library	Warmups
Hand eye coordination	Pick a ball throwing exercise from the video library for hand eye coordination	Warmups
Ball control	in pairs, pass the ball of the wall to each other, catch on volley	Warmups
Ball control	in pairs, pass the ball of the wall then floor to each other, catch after one bounce	Warmups
ball control	throw ball from short line to front, above s.line, partner runs and catches it after or before one bounce	Warmups
Grip Introduction	Introduce players on how to hold a squash racket	Swing
Racket skills	pizza carry, hockey push, all done with FHD and BHD	Racket Skills
Racket skills	good grip, bounce ball on FHD strings, the repeat on BHD	Racket Skills
Racket skills	solo mini drops, as many in a row	Racket Skills
Racket skills game	partner mini drops game, get as many in a row as possible	Racket Skills

WEEK 2



MAIN FOCUS: Developing basic racket skills

Exercises

Warmup
lunging with a ball
Simon says

Speed and racing
Racket skills
Racket skills
Solo Drops
Serve
Serve play

Description

Pick 2 warmup exercises of your choice
in pairs or solo, throw a ball and catch it in a lunge, each catch is a point
from the T, run to a corner and lunge

Start from back wall, run to short line, throw the ball above s.line, catch it, run back and
pass to partner. first team to finish, wins a point
good grip, pizza carry, pizza bounce carry,
in pairs, together bounce ball on strings
solo drops above s.line, both FHD and BHD
to the opposite side, next person in line catches the ball and then serves
Serve to opposite side and play, above s.line

Video Code

Warmups
Movement
Warmups

Warmups
Racket Skills
Racket Skills
Racket Skills
Routines
Games

WEEK 3



MAIN FOCUS: Learning how to position ourselves on various shots

Exercises	Description	Video Code
Warmup	Pick a favourite warmup game of the players	Warmups
lunging	in pairs or solo, throw a ball, catch and recover back to beginning, each recovery is a point	Movement
Simon says	solo ball throw in the air, coach shouts side (left or right), player must catch the ball from shouted side (after first bounce)	Warmups
Simon says	same as above, only catching the ball on volleys	Warmups
Feeding games	in pairs, one player throws ball on wall, second players needs to hit ball from side on position, into a designated target on floor. Do both sides	Routines
Feeding games	same as above, player needs to approach ball from a distance (straight line)	Routines
Feeding games	mini drops in pairs, encourage sideways positions	Routines
Gameplay	serve to opposite side and play, encourage sideways positions	Games

WEEK 4



MAIN FOCUS: Learning the basics of the swing, both FHD and BHD

Exercises

Warmups

lunging

Throw and catch

Throw and catch volley

Feeding drives

Game play

Description

Pick 2 favourite games of the players

in pairs or solo, throw and catch within a lunge, from a small distance

solo throw ball from short line to front, catch 10 in a row

same as above, only catch on volley, highest score in 3min

in pairs, player throws ball, partner plays a drive, focus on high racket preparation and full swing. Both sides

Play rotation drops, encouraging high racket preparation

Video Code

Warmups

Movement

Routines

Routines

Routines

Games

WEEK 5



MAIN FOCUS: Learning all the different shots in the game

Exercises	Description	Video Code
Warmup	Pick warmup games of your choice	Warmups
lunging	Solo with a tennis ball	Movement
Drop	Coach feeds drops, players rotate and keep the drops going	Coach Feeds
Drive	Coach feeds drops, players rotate and keep the drives going	Coach Feeds
Cross	Coach feeds boasts or cross drops, players rotate and keep the crosses going	Coach feeds
Boast	Coach feeds from the front (crosscourts), players rotate and keep the boasts going	Coach Feeds
Game play.	Coach feeds easy drops, players go one at a time, shout out a shot they want to play, and then deliver that shot.	Coach Feeds

WEEK 6



MAIN FOCUS: Gameplay

Exercises

footwork
lunging
gameplay
gameplay
gameplay
gameplay
gameplay

Description

Pick 2 patterns from the video library
Solo or in pairs with a tennis ball
serve to opposite side and play
focus on tagging the T
focus on positioning
focus on high swing prep
focus on shot selection

Video Code

Warmups
Movement
Games
Games
Games
Games
Games