



INDIAN SCHOOL OF SPORTS

WE COACH & HELP YOU COMPETE

Play With Expert Program

Program Overview

The **Play With Expert Program** is a unique playing-based squash program designed for players who want **high-quality match exposure without needing a regular training partner**. Players of **any age and any skill level** can join **Indian School of Sports** and play with academy players, competitive juniors, seniors, and expert-level players.

This program emphasizes **real-game experience, adaptability, and learning through play**, helping players improve their game by competing with opponents of **different styles and levels**.

Who Can Join

- **Skill Level:** All levels – beginner, intermediate, advanced, and competitive players
 - **Category:** Juniors, seniors, recreational and competitive players
 - **Ideal For:** Players who want match play
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Program Structure

- **Daily Playing Duration:** 2 to 3 hours per day
- **Training Format:** Match play and condition game

- **Opponents:** Multiple academy players of different age groups and skill levels
 - **Partner Requirement:** No partner required
 - **Schedule:** Flexible, based on court and batch availability
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Key Program Features

1. Play With Multiple Players

- Continuous play with different opponents
- Exposure to various playing styles and tactics
- Learning to adapt quickly during matches

2. Match Play & Rally Sessions

- Supervised match play
- Long rally-based games
- Competitive and friendly match environments

3. Level-Based Opponent Rotation

- Players rotated based on skill level
- Opportunity to challenge stronger players
- Confidence building against similar-level opponents

4. Game Awareness & Tactical Learning

- Improved shot selection through real-game situations
- Better understanding of court positioning and movement
- Learning strategy through experience

5. Fitness Through Play

- Endurance and stamina improvement
- Match-specific conditioning
- High-calorie burn through continuous play

6. Mental Strength & Match Temperament

- Handling pressure situations
- Improving focus and decision-making
- Building confidence in competitive scenarios

Benefits of the Program

- No need for a regular playing partner
- Extended hours of quality match play
- Exposure to players of different standards
- Faster improvement through competitive learning
- Enjoyable and flexible training environment

Program Objective

The objective of the Play With Expert Program is to **enhance match readiness, tactical understanding, and confidence** by providing players with **consistent, high-quality playing opportunities** against a variety of opponents.

Enrollment

- Open enrollment
- Flexible joining options
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For schedule details, availability, and enrollment, please contact the Indian School of Sports office.