



# INDIAN SCHOOL OF SPORTS

WE COACH & HELP YOU COMPETE

## Squash & Fitness Customized Program

### Program Overview

The **Squash & Fitness Customized Program** is a flexible training program designed for players aged **5 years and above** who want to improve their squash skills and overall fitness with a balanced schedule. This program allows players to **customize their training frequency (2–3 sessions per week)** based on school, work, or personal commitments, while still receiving structured and professional coaching.

The program focuses on developing **technical skills, physical fitness, mental strength, and match readiness** in a supportive and motivating training environment.

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### Who Can Join

- **Age Group:** 5 years and above
  - **Skill Level:** Beginner to advanced players
  - **Category:** Juniors, seniors, recreational and competitive players
  - **Ideal For:** Players seeking quality training with flexible weekly scheduling
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### Training Structure

- **Sessions per Week:** 2–3 sessions (customizable)
- **Session Duration:** 60 minutes per session

- **Training Days:** Flexible, as per player availability
  - **Batch Size:** Personal attention
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## **Program Components**

### **1. Technical Squash Training**

- Stroke technique and correction
- Grip, swing mechanics, and shot control
- Length, width, and accuracy-based drills
- Introduction to tactics and shot selection

### **2. Player-to-Player Training**

- Rally-based practice sessions
- Pair and group drills
- Match-like training situations

### **3. Ghosting & Movement Training**

- Court movement and footwork drills
- Speed, agility, and balance development
- Efficient movement patterns and recovery positioning

### **4. Solo Practice (Active & Passive)**

- Active solo drills to build consistency
- Passive solo drills for control and precision
- Structured solo routines for skill development

### **5. On-Court Fitness**

- Sport-specific conditioning drills
- Speed, endurance, and agility training
- Movement-based fitness sessions

### **6. Off-Court Fitness Training**

- Strength and core conditioning
- Mobility and flexibility exercises
- Injury prevention and recovery routines

## **7. Mental Training**

- Focus and concentration exercises
- Confidence building
- Match temperament and basic mental conditioning

## **8. Visual Guidance & Feedback**

- Demonstration-based learning
- Visual correction of technique
- Basic match and movement analysis

## **9. Conditioned Games & Match Play**

- Scenario-based games
- Conditioned drills to improve decision-making
- Supervised match play

## **10. Nutrition Guidance**

- Basic sports nutrition awareness
- Pre- and post-training food guidance
- Hydration and recovery education

## **11. Yoga & Recovery Sessions**

- Flexibility and mobility improvement
- Breathing and relaxation techniques
- Recovery-focused yoga practices

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## **Benefits of the Program**

- Flexible training schedule
- Balanced focus on skill and fitness
- Improved movement, stamina, and coordination
- Enhanced confidence and match awareness
- Suitable for long-term development

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## **Program Objective**

The objective of the Squash & Fitness Program is to **build strong technical foundations, improve physical fitness, and develop confident squash players**, while maintaining flexibility and enjoyment in training.

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## **Enrollment**

- Open enrollment throughout the year
- Free trial session available
- Customized plans based on player goals and availability