



INDIAN SCHOOL OF SPORTS

WE COACH & HELP YOU COMPETE

Group Squash Training Program

Program Overview

The **Group Squash Training Program** is designed for players who prefer to train in a **group environment** while learning, improving, and enjoying the game together. This program offers structured squash coaching in **small batches of 4–5 players**, ensuring quality training with peer motivation and competitive learning.

The program is suitable for players aged **5 years and above** and focuses on building strong fundamentals, improving fitness, and developing match-play confidence through group-based sessions.

Who Can Join

- **Age Group:** 5 years and above
- **Skill Level:** Beginner to intermediate players
- **Category:** Juniors and seniors
- **Ideal For:** Players looking for affordable, structured, and motivating group training

Training Structure

- **Batch Size:** 4–5 players per batch
- **Session Duration:** 60 minutes per session

- **Training Frequency:** 2-3 session per week
 - **Training Format:** Group-based coaching with individual corrections
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Program Components

1. Technical Squash Training

- Basic to advanced stroke techniques
- Grip correction and swing mechanics
- Shot accuracy, length, and control drills
- Introduction to tactical play

2. Player-to-Player Training

- Partner drills and rally practice
- Group-based competitive exercises
- Learning through peer interaction

3. Ghosting & Movement Training

- Court movement and footwork drills
- Agility, balance, and coordination development
- Efficient movement patterns

4. Solo Practice (Active & Passive)

- Structured solo drills within group sessions
- Consistency and control-focused routines
- Foundation-building exercises

5. On-Court Fitness

- Sport-specific fitness drills
- Speed, endurance, and agility work
- Conditioning through movement-based exercises

6. Off-Court Fitness

- Basic strength and core exercises
- Flexibility and mobility routines
- Injury prevention awareness

7. Mental Training

- Focus and discipline development
- Confidence building through repetition
- Basic match mindset training

8. Visual Guidance

- Coach demonstrations during sessions
- Visual feedback for technique correction
- Learning through observation

9. Conditioned Games & Match Play

- Group-based conditioned games
- Match-play situations under supervision
- Fun and competitive learning environment

10. Nutrition & Recovery Guidance

- Basic sports nutrition awareness
- Hydration and recovery tips
- Introduction to healthy training habits

Benefits of the Program

- Cost-effective professional coaching
- Motivating group learning environment
- Improved coordination, fitness, and technique
- Increased confidence and game awareness
- Social interaction and teamwork

Program Objective

The objective of the Group Squash Training Program is to **introduce players to structured squash training**, build strong fundamentals, and foster a love for the game through **fun, disciplined, and competitive group sessions**.

Enrollment

- Open enrollment throughout the year
- Limited seats per batch
- Trial session available

For detailed schedule, fee structure, and batch timings, please contact the academy office.