



# INDIAN SCHOOL OF SPORTS

WE COACH & HELP YOU COMPETE

## Junior & Senior National Squash Development Program

### Program Overview

The Junior & Senior National Squash Development Program is a high-performance training pathway designed for players aged **5 years and above** who aspire to compete at **district, state, national, and international levels**. This program focuses on long-term athlete development by combining technical excellence, physical conditioning, mental strength, and match exposure.

Players enrolled in this program train in a **professional, competitive environment** that prepares them for tournament play and sustained performance improvement.

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### Who Can Join

- **Age Group:** 5 years and above
  - **Skill Level:** Beginner, intermediate, advanced, and elite players
  - **Category:** Junior & Senior competitive players
  - **Goal:** Entry and progression in the competitive squash circuit (National & International)
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# Training Structure

- **Sessions per Month:** 20+ structured training sessions
  - **Daily Training Duration:** 1 to 3 hours (based on age, level, and phase of training)
  - **Training Days:** As per customized weekly plan
  - **Batch Size:** Limited slots to ensure individual attention
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## Program Components

### 1. Technical Squash Training

- Stroke production and correction
- Grip, swing mechanics, and follow-through
- Length control, width control, and accuracy drills
- Shot selection and tactical awareness

### 2. Player-to-Player Training

- Pair and group drills
- Competitive rally-based sessions
- Pressure handling through structured drills

### 3. Ghosting & Movement Training

- Multi-directional ghosting
- Speed, agility, and court coverage drills
- Efficient movement patterns and recovery positioning

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

- Active solo drills for consistency and rhythm
- Passive solo drills focusing on control and placement
- Match-specific solo routines

### 5. On-Court Fitness

- High-intensity interval training (HIIT)
- Endurance and speed-based drills
- Sport-specific conditioning

### 6. Off-Court Fitness Training

- Strength training
- Core stability and balance
- Injury prevention and mobility exercises

## **7. Mental Training**

- Focus and concentration development
- Match temperament and emotional control
- Goal setting and performance mindset

## **8. Visual Guidance & Match Analysis**

- Visual demonstrations of techniques
- Video-based feedback and correction
- Match analysis sessions for tactical improvement

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

- Scenario-based games
- Match simulations
- Competitive match play under coach supervision

## **10. Nutrition Guidance**

- Basic sports nutrition education
- Pre- and post-training meal guidance
- Hydration and recovery strategies

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

- Flexibility and mobility improvement
- Breathing techniques for recovery
- Injury prevention and relaxation practices

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## **Benefits of the Program**

- Structured pathway to competitive squash
- Holistic athlete development
- Improved physical, technical, and mental performance
- Exposure to competitive match situations
- Professional coaching and mentoring

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## Performance Monitoring

- Regular performance assessments
  - Individual feedback sessions
  - Progress tracking based on skill, fitness, and match performance
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## Program Objective

The objective of this program is to **develop disciplined, confident, and competitive squash players** capable of performing consistently at **national and international levels**, while maintaining long-term fitness and injury-free training.

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## Enrollment

- Limited seats available
- Selection based on trial assessment
- Customized training plans available based on player profile