INFLATABLE SQUASH COURTS DEVELOPMENT WORKSHOP

Presented by Mike Cornish
We as coaches have a tendency to over coach the kids and forget about the **FUNdamentals** of the game.
UTILISING INFLATABLE COURTS FOR SQUASH PLAYER PATHWAYS

EXPOSURE

ENGAGEMENT

EXPANSION

EXCELLENCE
UTILISING INFLATABLE COURTS FOR ‘EXPOSURE’

* School yard programs

* School holiday recreational program

* Events - World Sports Expo, Fitness Industry Shows/seminars

* Shopping centre promotions

* Tournament booth for squash products
Promote FUNdamentals - game sense activities

Learn to play the game

Work with court operators to create inducements back at the courts
- Come & try days
- Junior clinics
- Junior clubs
UTILISING INFLATABLES FOR ‘EXPANSION’

* Revisit schools annually at approximately the same time each year

* Create school championships within the region

* Talent identify in formative age groups
  - Girls 8-12
  - Boys 9-13
## Development Pathways

<table>
<thead>
<tr>
<th>Program</th>
<th>Description</th>
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<tr>
<td>Commonwealth Games Squad / National Squads (Junior &amp; Senior)</td>
<td>Providing a training environment with specialised support for players aspiring to the highest level. AIS scholarships annually available.</td>
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<td>Independent Athlete Program (16 – 25 yrs)</td>
<td>Individually based training program preparing athletes for the rigours of the PSA / WISPA circuits (national &amp; world events).</td>
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<td>State Junior Squad (13-19 yrs)</td>
<td>Preparing for state representation, training commitment is greater, intensity increased and an introduction to specialised coaching.</td>
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<td>Talent Squads Metro &amp; Regional (13-19 yrs)</td>
<td>Introduction to more intense &amp; focused skill acquisition and specific testing.</td>
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<td>Club Programs (7-19 YRS)</td>
<td>Generally provides initial specific skills associated with competition.</td>
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<td>Participation Based Programs (5-15 yrs)</td>
<td>Programs that introduce children to the fundamentals of the sport in a fun environment.</td>
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EXAMPLE LESSON PLAN

* BIG HAND PROGRAM Age 5-7 (45 minutes)

* Warm-up game – Follow the Leader
* Skills Warm-up – Bounce/Catch
* Court Activity – Bounce/Hit
* Court Game – Balloon Rally
* Optional Fun game – Unders and Overs
EXAMPLE LESSON PLAN

* SKILLS PROGRAM Age 8-10 (50 minutes)

* Warm-up game – Toilet Game
* Skills Warm-up – Hit/Catch, Basic Relays
* Court Activity – Targets
* Court Game – Longest Rally
EXAMPLE LESSON PLAN

* SKILLS PROGRAM Age 10-13 (60 minutes)

  * Warm-up game – Coach Says
  * Skills Warm-up – Skills Relay
  * Court Activity – Targets
  * Court Game – King of the Court
UTILISING INFLATABLE SQUASH COURTS FOR TALENT IDENTIFICATION

* Age group 9-12 year olds
* Adaptability
* Court movement (athletic ability)
* Spatial awareness (decision making)
* Determination
CONCLUSION (outcomes)

* Effective promotional tool
* Needs to be utilized by innovative, personable outgoing coaches
* Is a user friendly option
* Create fun environment

*Remember it's all about playing the game*