

LTPD – Long Term Player Development Links to Matrix in more depth

Tutor introduces the concept of LTPD:

Learning to Play – Simple Rallies - WSF Level 1 syllabus

Learning to Train – Skill / Accuracy – WSF Level 2 syllabus

Training to Compete – Tactics / Apply Pressure – WSF Level 3 syllabus

Training to Win – Sum of all the Above

Tutor introduces the below for the group to agree which components are important to squash: Move this up the order to be done earlier in a practical way as an intro to PDA – To get practical in sooner

ABCs – Agility – Balance – Coordination – speed Re-order the generic skills to highlight the PDA

➤ **Practical examples of Agility:**

➤ Agility ladder:

	<i>Difficulty 1</i>	<i>Difficulty 2</i>	<i>Difficulty 3</i>
Learning to Play LEVEL	Developing on Power	▪ Hop on 1 leg into every hole	▪ Hop on 1 leg into every 2. hole
	Developing on Speed	▪ Hop on 1 leg into every hole	▪ Hop on 1 leg into every hole with high speed
Learning to Train LEVEL	Developing on Coordination	▪ Hop on 1 leg into hole-left out-in-right out... in slalom movement	▪ Hop on 1 leg into hole-left out-in-in-right out... in slalom movement
	Developing on Power	▪ Hop on 1 leg into every hole with handweights	▪ Hop on 1 leg into every 2. hole with handweights
Learning to Compete LEVEL	Developing on Speed	▪ Double Hop on 1 leg into every hole	▪ Double Hop on 1 leg into every hole with high speed
	Developing on Coordination	▪ Hop on 1 leg into hole-left out-in-right out... in slalom movement, touch the floor on the sides	▪ Hop on 1 leg into hole-left out-in-in-right out... in slalom movement, touch the floor on the sides
	Developing on Power	▪ Hop on 1 leg into every hole with race situation or with team mate on back	▪ Hop on 1 leg into every 2. hole with race situation or with medicine balls or with skip up the ankle
	Developing on Speed	▪ Double Hop on 1 leg into every hole with race situation	▪ Double Hop on 1 leg into every hole with high speed
	Developing on Coordination	▪ Hop on 1 leg into hole-left out-in-right out... in slalom movement, catch ball with racket on the sides	▪ Hop on 1 leg into hole-left out-in-in-right out... in slalom movement, hit ball with racket on the sides

OTHER EXERCISES: Use Other leg Jumping backwards Use Skip Rope

Mixed Skills Exercises: Based on the PDA, if you recognize a mistake of bad recovery: practice the **balance** on last stride with high **speed** or with handweight (this will show you your mistake) clear the problem, than go back for basic exercise

➤ Tag game

- 1-6 Players per court ,1 Player starts – Touches another player who becomes the Tag

	<i>Difficulty 1</i>	<i>Difficulty 2</i>	<i>Difficulty 3</i>
Learning to Play LEVEL	Developing on Power	▪ Normal Tag game, catch other anywhere	▪ Tag game, catch other on ankle
	Developing on Speed	▪ Normal Tag game, catch other anywhere	▪ Tag game, catch other anywhere with 2 tags
	Developing on Coordination	▪ Normal Tag game, catch other anywhere	▪ Normal Tag game, catch other on his back
Learning to Train LEVEL	Developing on Power	▪ Normal Tag game, catch other on his back	▪ Tag game, catch other on ankle, move with side steps
	Developing on Speed	▪ Normal Tag game, catch other anywhere	▪ Tag game, catch other anywhere with 2 tags
	Developing on Coordination	▪ Normal Tag game, catch other anywhere	▪ Normal Tag game, catch other on top of the head
Learning to Compete LEVEL	Developing on Power	▪ Normal Tag game, catch other on his ankle	▪ Tag game, catch other on ankle, move with bent knees (smurf's walk)
	Developing on Speed	▪ Normal Tag game, catch other anywhere	▪ Tag game, catch other anywhere with 2 tags
	Developing on Coordination	▪ Normal Tag game, catch other anywhere	▪ Normal Tag game, catch other on ankle

➤ **Practical examples of Balance:**

- Stand on 1 leg - jump to the other, Stand on BOSU ball, Jump on to BOSU ball – Balance and jump off

	<i>Difficulty 1</i>	<i>Difficulty 2</i>	<i>Difficulty 3</i>
Learning to Play LEVEL	Developing on Power	▪ Stand on 1 leg, jump to the other, stay in balance	▪ Stand on 1 leg, jump over a ball to the other leg, stay in balance
	Developing on Speed	▪ Stand on 1 leg, jump to the other, stay in balance, change legs as fast as you can	▪ Stand on 1 leg, jump over a ball to the other leg, stay in balance, change legs as fast as you can

Learning to Train LEVEL	Developing on Coordination	▪ Stand on 1 leg, jump to the other, stay in balance	▪ Stand on 1 leg flying T position, jump over a line to the other leg, stay in balance finish again in flying T.	▪ Stand on BOSU with 1 leg, jump to the other leg, stay in balance. Change continuously.
	Developing on Power	▪ Stand on serve box line on 1 leg, jump over to the half line to the other leg, stay in balance, change legs as fast as you can	▪ Stand on serve box line on 1 leg, jump over to the half line to the other leg, stay in balance, bend your knees at end position	▪ Stand on serve box corner on 1 leg, jump over to the side corner of the serve box to the other leg, stay in balance, then jump across to the back corner, than to the side.
	Developing on Speed	▪ Stand on BOSU on 1 leg, jump to the other, stay in balance, change legs as fast as you can	▪ Stand on BOSU on 1 leg, jump to the other leg, stay in balance, change legs as fast as you can	▪ Stand on 2 BOSU's jump from 1 leg to the other leg, stay in balance, change legs as fast as you can
Learning to Compete LEVEL	Developing on Coordination	▪ Stand on BOSU on 1 leg, jump to the other, stay in balance.	▪ Stand on 2 BOSU's jump from 1 leg to the other leg, stay in balance.	▪ Stand on BOSU with 1 leg, jump to the other leg, stay in balance. Change continuously.
	Developing on Power	▪ Stand on BOSU on serve box line on 1 leg, jump over to the half line to the other BOSU to other leg, stay in balance, change legs as fast as you can	▪ Stand on serve box corner on 1 leg, jump over to the side corner of the serve box to the other leg, stay in balance, then jump across to the back corner, than to the side. Go around 10 times.	▪ Stand on serve box corner on 1 leg, jump over to the side corner of the serve box to the other leg, stay in balance, then jump across to the back corner, than to the side. Go around 10 times. Jump with handweights
	Developing on Speed	▪ Stand on BOSU on 1 leg, jump to the other leg, stay in balance, change legs as fast as you can	▪ Run on BOSU with high knees, stay in balance, change legs as fast as you can	▪ Run on BOSU, stay in balance, change legs as fast as you can
	Developing on Coordination	▪ Stand on BOSU on 1 leg, bend your knees and stand up again. Change legs.	▪ Stand on 2 BOSU's jump from 1 leg to the other leg, stay in balance.	▪ Stand on 2 BOSU's 1 leg flying T position, jump over a line to the other leg, stay in balance finish again in flying T.

OTHER EXERCISES:

- Shadow play into 4 corner jumping onto BOSU ball on the T-zone between each corner

➤ Practical examples of Coordination: Slalom running between cones, Slalom running to 4 corners

	<i>Difficulty 1</i>	<i>Difficulty 2</i>	<i>Difficulty 3</i>
Learning to Play LEVEL	Developing on Power	▪ Slalom run between 6 cones , jog back	▪ Slalom run between 6 cones touch the tops, jog back
	Developing on Speed	▪ Slalom run between 6 cones , jog back	▪ Slalom run between 6 cones , jog back, cones are 30cm more fare from each other
	Developing on Coordination	▪ Slalom run between 6 cones , jog back	▪ Run around 4 cones , same way back
Learning to Train LEVEL	Developing on Power	▪ Slalom run between 6 cones touch the tops, jog back	▪ Slalom run between 6 cones ,touch floor outside, jog back
	Developing on Speed	▪ High knees Slalom run between 6 cones , jog back, cones are 30cm more fare from each other	▪ Max Speed Slalom run between 6 cones , backwards run on the way back
	Developing on Coordination	▪ Run around 4 cones , same way back jog back	▪ Run around 4 cones in different ways, same way back - can he copy?
Learning to Compete LEVEL	Developing on Power	▪ Slalom jump on 1 leg between 6 cones touch the tops, jog back	▪ Slalom jump on 2 legs between 6 cones ,touch floor outside, same back
	Developing on Speed	▪ Max Speed Slalom run between 12 cones in 2 lines , backwards run on the way back	▪ Max Speed Slalom run between 12 cones in 2 lines , same run on the way back, race situation
	Developing on Coordination	▪ Run around 4 cones in different ways, same way back - can he copy?	▪ Run around 4 cones in different ways, same way back - can he copy? With racket and hitting movements

➤ Practical examples of Speed

- Half court sprints – Playing hand to touch the floor at the turn
- Quick start to catch a ball thrown by the coach
- Team race – Full court sprints from different postures on start e.g. Bridge – Sitting – Laying – Backwards sitting

	<i>Difficulty 1</i>	<i>Difficulty 2</i>	<i>Difficulty 3</i>
Learning to Play LEVEL	Developing on Power	▪ Half court sprint touch low corner on front wall, run back	▪ Half court spint , make bridge front of the front wall, run back
	Developing on Speed	▪ Half court sprint , run back	▪ Half court sprint, and run back. Start with clapping
	Developing on Coordination	▪ Half court spint , around a cone and run back	▪ Run around 4 cones , same way back
Learning to Train LEVEL	Developing on Power	▪ 6 corners run, touching the floor at corners and at the middle	▪ 6 corners run, touching the floor at corners and at the middle with 1kg handweight
	Developing on Speed	▪ 6 corners run, touching the wall at corners	▪ Half court sprint , run back from different starting positions
	Developing on Coordination	▪ Run around 4 cones , same way back jog back	▪ Run around 4 cones in different ways, same way back - can he copy?

Learning to Compete LEVEL	Developing on Power	▪ 6 corners run, touching the floor at corners and at the middle with max bent knees	▪ Half court sprint with power strap, and jog back.	▪ Half court sprint with power strap,strike out to the sides and jog back.
	Developing on Speed	▪ Half court sprint , run back from different starting positions	▪ Half court sprint , run back in racing situation	▪ 20 Half court sprints , run for best time
	Developing on Coordination	▪ Run around 4 cones in different ways, same way back - can he copy?	▪ Run around 4 cones in different ways, same way back - can he copy? With racket and hitting movements	▪ Run around 4 cones in different ways, same way back - can he copy? With racket and hitting movements in racing situation

➤ **Practical examples of Stamina**

- Pyramid running on court - FOR STAMINA
- Side stepping to side wall and jump as high as possible to touch the wall - FOR COORDINATION AND STAMINA
- Side stepping and bridge - FOR STRENGTH AND STAMINA

	<i>Difficulty 1</i>		<i>Difficulty 2</i>		<i>Difficulty 3</i>	
Learning to Play LEVEL	Developing on Power	▪ 1 min Half court sprint touch on front wall, run back	▪ 1.5 min Half court spint , make bridge front of the front wall, run back	▪ 2 min Half court spint , make bridge front of the front wall, backwards run on the way back	▪ 2 min Half court spint , make bridge front of the front wall, backwards run on the way back	▪ 2 min Half court spint , make bridge front of the front wall, backwards run on the way back
	Developing on Speed	▪ 30 sec Half court sprint , run back - 6 times	▪ 2 min Half court sprint, and run back. Start with clapping	▪ 2 min Half court sprint, and run back. Start with clapping	▪ 5 min Half court sprint, and run back.	▪ 5 min Half court sprint, and run back.
	Developing on Coordination	▪ Half court spint , around a cone and run back -10 times	▪ Run around 4 cones , same way back - 10 times	▪ Run around 4 cones , same way back - 10 times	▪ Run around 4 cones in different ways, same way back with max speed with racket - 10 times	▪ Run around 4 cones in different ways, same way back with max speed with racket - 10 times
Learning to Train LEVEL	Developing on Power	▪ 6 corners run, touching the floor at corners and at the middle	▪ 6 corners run, touching the floor at corners and at the middle with 1kg handweight	▪ 6 corners run, touching the floor at corners and at the middle with 1kg handweight	▪ 6 corners run and swing at corners back to the middle with 1kg handweight	▪ 6 corners run and swing at corners back to the middle with 1kg handweight
	Developing on Speed	▪ 30 sec Half court sprint , run back - 6 times	▪ 20 sec Half court sprint, and run back. Start with clapping - 10 times	▪ 20 sec Half court sprint, and run back. Start with clapping - 10 times	▪ 15 sec Half court sprint, and run back. Start with a sign - 15 times	▪ 15 sec Half court sprint, and run back. Start with a sign - 15 times
	Developing on Coordination	▪ Run around 4 cones , same way back jog back - 15 times	▪ Run around 4 cones in different ways, same way back - 15 times	▪ Run around 4 cones in different ways, same way back - 15 times	▪ Run around 4 cones in different ways, same way back - 15 times? With racket and hitting movements	▪ Run around 4 cones in different ways, same way back - 15 times? With racket and hitting movements
Learning to Compete LEVEL	Developing on Power	▪ 6 corners run, touching the floor at corners and at the middle with max bent knees - 10 rounds	▪ Half court sprint with handweights, and jog back. 20 times	▪ Half court sprint with handweights, and jog back. 20 times	▪ Half court sprint with power strap,strike out to the sides and jog back. 20 times	▪ Half court sprint with power strap,strike out to the sides and jog back. 20 times
	Developing on Speed	▪ 30 sec Half court sprint , run back - 7 times	▪ 20 sec Half court sprint, and run back. Start with clapping - 12 times	▪ 20 sec Half court sprint, and run back. Start with clapping - 12 times	▪ 15 sec Half court sprint, and run back. - 20 times	▪ 15 sec Half court sprint, and run back. - 20 times
	Developing on Coordination	▪ Run around 4 cones in different ways, same way back - 20 times	▪ Run around 4 cones in different ways, same way back - can he copy? With racket and hitting movements - 20 times	▪ Run around 4 cones in different ways, same way back - can he copy? With racket and hitting movements - 20 times	▪ Run around 4 cones in different ways, same way back - can he copy? With racket and hitting movements in racing situation - 20 times	▪ Run around 4 cones in different ways, same way back - can he copy? With racket and hitting movements in racing situation - 20 times
OTHER EXERCISES:	▪ Use all kinds of log distance running, swimming, biking, walking... do those at least 25-40 minutes-use this kind of exercises mostly at the resting season or pre season.					

➤ **Practical examples of Suppleness**

- In pairs sitting with feet apart and soles touching – Hold partners hands and pull gently backwards and forwards
- In pairs stand side by side holding hands above the head and bend from side to side
- In pairs 1 sitting with legs straight – Partner gently pushes forwards slowly below the shoulder blades – Ensure back stays straight

KGBs – Kinaesthetic awareness – Gliding – Buoyancy

- Practical examples of Kinaesthetic Awareness:
 - Shadow play to all 4 corners
 - Shadow play in the 2 front corners with a small weight in each hand
- Practical examples of Gliding:
 - Split step and move to front corners – Playing hand to touch the floor
- Practical examples of Buoyancy:
 - Nil

CPKs – Catching – Passing – Kicking – striking

- Practical examples of Catching
 - In pairs A rolls the ball to B who using both hands catches the ball and rolls it back to A
 - Progresses as above catching with one hand
 - A throws the ball underarm to B who catches with both hands and throws it back
 - As above catching with one hand

N.B. – Tutor highlights the nature of Squash requiring that it be coached / learned in the Open Skill (PDA) by asking if anyone can successfully perform any of the above listed activities with eyes closed – **Answer NO!**

It is this process that dramatically enhances the development of the Neurological Pathways for the Early Learners

The Tutor then highlights the different signals / actions that occur – The Tutor starting from a normal standing position moves to randomly:

1. Roll the ball
2. Under-arm throw
3. Side-arm throw – **Key issue for early learners**
4. Over-arm throw and have the group read / predict as early as possible which of the four actions will occur?
 - Practical examples of Passing
 - In small groups form a circle – Slowly throw the ball under-arm randomly to any other member of the circle to catch with both hands
 - As above catching with one hand
 - Practical examples of Striking:
 - From a stationary position using the FH side of a racket try to keep a ball stationary – Progressing to rolling the ball around the racket clockwise / anti-clockwise – Progressing to a low bounce no higher than their nose!
 - Progress to walking around with a low bounce
 - Progressing to around cones placed 1 metre apart
 - Progressing to relay races in teams

Progressing to:

- Linking Throwing to Striking to Passing to Catching
 - A throws the ball under-arm to B who strikes the ball for B to catch – Progressing to
 - In small groups in a circle randomly passing the ball by striking to other members in the circle

All Squash modified games e.g. **'Big Hand'** – **'Mini Squash'** – **'EzeeBat'** - **'Racketball'** all apply extremely well for early learners

ESF level 3 outline:

Learning Competencies, by the end of this module, coaches will be able to;	
1. Describe the physical demands of squash & the energy systems used	4. Plan and deliver strength, speed & stability training specific to the individual Measuring with same criteria and re-plan the next cycle
2. Identify and measure levels of Physical fitness	5. Measuring the ability of the player- how he is using the physical strongnesses and take away the weaknesses from the game.
3. Plan physical conditioning sessions for squash – Age group and individual	6. To find out oponent players phisical weaknesses and use it for tactical planning.
	7.