Squash - LTPD

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Peter A. Hirst - Interpretation
Excellence & Lifelong Wellness

- Excellence - Reaching full potential
- Wellness - Lots of people playing
- Player centred – Best interest of the players
- Agreed – That WSF builds a progressive structure that provides for administration & Coaching to the highest levels to
- Nurture & Develop squash players
- Progressive
Active Start 0-6 years

• Introduction to generic movement/activity in a play situation.

• Designed to stimulate development in
  – Gross motor skills
  – Brain function – Neural pathways
  – Social skills
  – Self esteem
FUNdamentals 6-9 m 6-8 f

• Basis for most sports skills
• Designed around
  – Running
  – Jumping
  – Throwing
  – Catching
  – Hitting
  – Kicking
  – Brain function
Learning to Train 9-12m 8-11f

- Develop FUNdamentals into sports specific skills
- Structured coaching situations
  - Variety of sports / Closed & Open skill
  - 1 on 1 Direct opposition
    - Squash/Tennis/TT/Badminton/Martial Arts
  - Style – Gymnastics/Diving
  - 1st Past the Post / Cycling / Swimming
  - Team – Individual etc
Training to Train 12-16m 11-15f

• Consolidation of Sport Specific skills
• Moving towards specialisation in one sport – Squash
• Usually where there is a natural aptitude towards Squash
• Still encouraged to participate at least one other sport
Training to Compete 16-23m 15-21f

• Specialised in one sport / Squash
• Maximise their Squash skills / attributes
  – Learning to Rally – WWWH/PDA (4 questions 3 words)
  – High skill level (Ability to strike the ball from anywhere to anywhere with precise accuracy)
  – Application of Pressure
Training to Win 19+m 18+f

- Emphasis moves to Maximise Squash skills and attributes of High Performance Squash

- Reflected in
  - Skill – To play squash - PDA
  - Tactics
  - Fitness
  - Mental strength
  - Concentration – Focus of attention - NLP
  - Lifestyle
Active for Life – Any age!

• Transition from competitive squash to lifelong participation
• This can occur at any time
Key Factor 1 – The 10 Year Rule

• 10k to 15k hours to reach Elite levels
• This equates to more than 3 hours daily for 10 years
• Sorry – But there is NO quick fix
Key Factor 2 – The FUNdamentals

• All sports are built on the practical application of Generic Movement Skills
  – ABC’s
  – Agility
  – Balance
  – Coordination
  – Speed
Key Factor 3 - Specialisation

• Early specialisation – Gymnastics – Figure skating – Usually closed skill sports
• Later specialisation – Squash – Tennis – Football – Basketball – Usually open skill sports
Key Factor 4 – Development Age

- Everyone passes through the same phases of development from birth to adolescence, although NOT at the same rate
- The timing and rate of development varies – Which is the difference between the chronological age and the development age
- Two children may be of the same age but at a different development age. The 2 could be up to 5 years difference
Key Factor 5 – Trainability

• Trainability is the developing bodies responsiveness to training at different stages of growth and maturation
• Certain windows of training opportunity appear at different stages of development
• During the early stages of adolescence (Growth spurt usually around 12 years) girls can start training for strength / speed / stamina (Boys around 14 years)
Key Factor 6 – Physical/Mental/Cognitive/Emotional Development

• Coaches need to be sensitive as players grow through adolescence
• The risk of ‘Burnout’ is high during this period from Lack of Confidence/Emotional Stress/Anxiety
• Veteran Juniors
Key Factor 7 - Periodisation

- Periodisation is a logical, science based programme of training for Competition / Preparation / Physical training / Recovery
- Which require modification at each phase of growth / maturation / trainability
Key Factor 8 – Calendar Planning

• During the adolescent phase competition should be viewed as an essential learning environment (Not just winning!) in balance with the windows of opportunity for physical and emotional development
Key Factor 9 – Integration / Balance

• Squash (Physical development) should be regarded as integral to overall wellbeing and be in synch with other lifestyle issues such as education / social development etc
Key Factor 10 – Continuous Improvement

• LTPD is based on the scientific study of training linked to what good coaches have been doing for many years

• Coaches need to constantly respond to new knowledge and levels of understanding
Windows of Training Opportunity

- Stamina – During growth spurt – moving to aerobic power as the growth spurt slows down
- Strength – Girls immediately after the growth spurt and during the onset of menarche - Boys only have 1 window starting 1 year after growth spurt
- Speed – Girls between 6-8 years & 11-13 years, Boys 7-9 years & 13-16 years / 1st phase on agility & quickness, 2nd phase on anaerobic alactic energy system
Con’t

- Skill (Rally Building – Fundamental movement) – Girls 8-11y Boys 9-12y
- Suppleness – Girls & Boys 6-10 years – With special attention during growth spurt
- Psychology – Squash is a mental / physical challenge whilst maintaining high levels of concentration – Mental toughness both in competition & training is essential to success in squash and can enhance everyday life
Sustenance

• Nutrition – Hydration – Rest – Sleep - Regeneration
Schooling

• Consideration to overall lifestyle
Socio - Cultural

• Squash can expose players to various forms of interaction – Leading to international travel & multi cultural experiences
## Training to Compete

<table>
<thead>
<tr>
<th>Player Level</th>
<th>Player Emphasis</th>
<th>Player Needs</th>
<th>Coaching Style</th>
<th>WSF Coach Education</th>
<th>Duration</th>
<th>LTPD</th>
</tr>
</thead>
<tbody>
<tr>
<td>PSA</td>
<td>Training to Win</td>
<td>Sum of all Below</td>
<td>Empower</td>
<td>N/A</td>
<td>Training to Win</td>
<td>Mental toughness – Performing under pressure – Self control – Self confidence – Minimise errors – Advanced imagery – Lifestyle for a winning mentality - Periodisation - Will it make a difference 10 x 1% changes adds up to a huge difference = 10%</td>
</tr>
<tr>
<td>National Juniors</td>
<td>Training to Compete</td>
<td>Tactics/Apply Pressure</td>
<td>Direct</td>
<td>Level 3</td>
<td>7 days</td>
<td>Training to Compete – 15 to 23 years - Height changes tend to end – Increase muscle mass – Speed and power training – All physical systems becoming established – Increase training loads - Structured psychological skills practice – Self talk – Mental state of peak performance – Establishing &amp; maintaining concentration/focus – More outcome goals</td>
</tr>
<tr>
<td>Intermediate Players</td>
<td>Learning to Train / Training to Train</td>
<td>Skill / Accuracy</td>
<td>Coach</td>
<td>Level 2</td>
<td>4 days</td>
<td>Learning to Train – 8 to 12 years Training to Train – 11 to 16 years - Growth spurts - Improved motor control/coordination helps skill learning/building &amp; skill performance – Neurological pathways still developing – Performance gains largely from growth - Sensitive to aerobic capabilities, flexibility, strength and speed capacities - Linking actions to result - Choosing targets – Focusing of thoughts to actions -Confidence building - Focusing attention – Imagery – Process goals not outcome</td>
</tr>
</tbody>
</table>
| Early Learners | Learning to Play | Fun Games Simple Rallies | Teach          | Level 1             | 3 days    | Active start - 0 to 6 years FUNdamentals – 6 to 9 years - Rapid development of the nervous system - Aerobic capacity is primary - Skeletal system is fragile - Rapid development of the neural pathways - Coordination improvements - Mental skills developing rapidly – Focusing of attention – Modelling of