The key is not the "will to win" - everybody has that. It is the will to prepare to win that is important.
TRAINING PLAN
What?

• Program to get player peak to maximum performance
Why?

• To find the right balance between different components of the game
When?

• All time
How?

• Producing a daily schedule for training
The start

- Tournament schedule
- Player performance plan
  - Facilities
  - Team
The components

- Physical
- Technical
- Tactical
- Mental
- Lifestyle
Player Performance Plan

• Coach = Director
• Player and Coach = Scenario/Script
• Sometimes National Squash Federation involved!
# Player Performance Plan

<table>
<thead>
<tr>
<th>Area</th>
<th>Areas for Improvement Current &amp; Target Rating</th>
<th>How can these improvements be made – through coaching, practice &amp; competition?</th>
<th>How are you going to review progress? E.g. Lesson Evaluation</th>
</tr>
</thead>
</table>
| Identification of opponent’s options, by looking/reading opponents body position & racket head angle, direction and speed | ![Rating Chart](chart.png)                    | - Perception training  
- Rally building, rally situations                                                                 |                                                              |
<p>| Tracking the ball                         | <img src="chart.png" alt="Rating Chart" />                  |                                                                                                     |                                                              |
| Position to time the ball                 | <img src="chart.png" alt="Rating Chart" />                  | - Target training with different speeds and different angles                                         |                                                              |
| Target selection                          | <img src="chart.png" alt="Rating Chart" />                  | - Playing patterns                                                                                    |                                                              |
| Stroke selection                          | <img src="chart.png" alt="Rating Chart" />                  |                                                                                                     |                                                              |
| T Zone – balance, grip &amp; spacing          | <img src="chart.png" alt="Rating Chart" />                  | - Ghosting and specific footwork                                                                     |                                                              |
| Movement to the ball                      | <img src="chart.png" alt="Rating Chart" />                  |                                                                                                     |                                                              |
| Stroke execution                          | <img src="chart.png" alt="Rating Chart" />                  | - Accuracy training (different pace)                                                                  |                                                              |
| Recovery to the T Zone                    | <img src="chart.png" alt="Rating Chart" />                  |                                                                                                     |                                                              |</p>
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<tbody>
<tr>
<td>Squash Efficient Movement</td>
<td></td>
<td>- Ghosting</td>
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<tr>
<td>Aerobic, VO2 Max</td>
<td></td>
<td>- Physical training program</td>
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<tr>
<td>Anaerobic Threshold</td>
<td></td>
<td>- Power training ( resistance)</td>
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<tr>
<td>Intermittent Muscular Endurance</td>
<td></td>
<td>- Specific stabilisation exercises and “core and stability training”</td>
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<tr>
<td>Speed and Agility</td>
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<tr>
<td>Reactive Strength</td>
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<tr>
<td>Power – Force &amp; Velocity</td>
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<tr>
<td>Stability</td>
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<tr>
<td>Flexibility</td>
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<tr>
<td>Recovery &amp; Regeneration</td>
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<tr>
<td>Motivation</td>
<td></td>
<td>- Getting skill and physical to a higher level</td>
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<tr>
<td>Confidence</td>
<td></td>
<td>- Mental training</td>
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<tr>
<td>Concentration</td>
<td></td>
<td>- Mental training</td>
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<tr>
<td>Handling Pressure</td>
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<td>- Specific relaxation exercises</td>
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<tr>
<td>Relaxation</td>
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<tr>
<td>Attention Focus</td>
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<tr>
<td>Diet</td>
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<td>- Nutrition scheme</td>
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<tr>
<td>Time Management</td>
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<td>Family</td>
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<tr>
<td>Social</td>
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<tr>
<td>Education/Work</td>
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How are you going to review progress?  
E.g. Lesson Evaluation

Ronny

Roe
Pre season example
12 weeks planning

Week 1 – 4

- Aerobic workouts
- Technical training
- Routines
- Strength and power
- Core and stability
- Specific movement
12 weeks planning

Week 5 – 8

- Anaerobic workout
- Strength training
- Tactical training
- Conditioned games
- Pressure sessions
- Agility training
- Speed sessions
12 weeks planning

Week 9 - 12

- Anaerobic work out
- Agility
- Speed
- Pressure sessions
- Conditioned games
- Matchplay
- Mental preparation (yoga, mind setting, video, ...)
- Core and stability
- Tapering
How does it look like?
Training F1

Duration : 30 min

1. Ipad App green ( exercises on 1 min )
2. 5 x 1 minute rope skipping with 30 sec rest
3. Ipad App yellow ( exercises on 45 sec )
4. 3 x 1 min rope skipping with 30 sec rest
5. Ipad purple ( exercises on 1 min)
- **Training F3**
- Set 1 ( 5 x )
- 1 min ghosting ( 75 %) ( quality!)
- 45 sec rest
- 45 sec ghosting ( 80 %)
- 15 sec rest
- 30 sec ( 90 %)
- 15 sec rest
• **Set 2**

• **16 x 15 sec fast ghost around T-zone maximal 2 steps with 15 sec rest in-between**
Training F4 (on squashcourt)

1 length sprint
1 length walk
2 lengths sprint
1 walk
3 sprint
1 walk
1 walk
4 sprint
1 walk
1 walk
5 sprint
1 walk
1 walk

= 1 set
in total you do 6 sets with 1 min rest in-between
• **Training F5**

• 6 x 2 min suicides with 1 min break in between
Losers quit when they're tired. Winners quit when they've won!!!
THANKS