

Squash - LTPD

Istvan Balyi

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
 - A gility
 - B alance
 - C oordination
 - S peed

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 12years) girls can start training for strength / speed / stamina (Boys around 14years)

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 6-8years & 11-13years
Boys 7-9years & 13-16years / 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 6-10years – 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

Player Level	Player Emphasis	Player Needs	Coaching Style	WSF Coach Education	Duration	LTPD	
PSA	Training to Win	Sum of all Below	Empower		N/A	Training to Win	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%
National Juniors	Training to Compete	Tactics/Apply Pressure	Direct	Level 3	7 days	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 & maintaining concentration/focus – More outcome goals
Intermediate Players	Learning to Train / Training to Train	Skill / Accuracy	Coach	Level 2	4 days	Learning to Train – 8 to 12 years Training to Train – 11 to 16 years	Growth spurts - Improved motor control/coordination helps skill learning/building & 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
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