



WSF Coaching Conference

Kuala Lumpur, February 2016

SQUASH SANITY

Patrick's Session



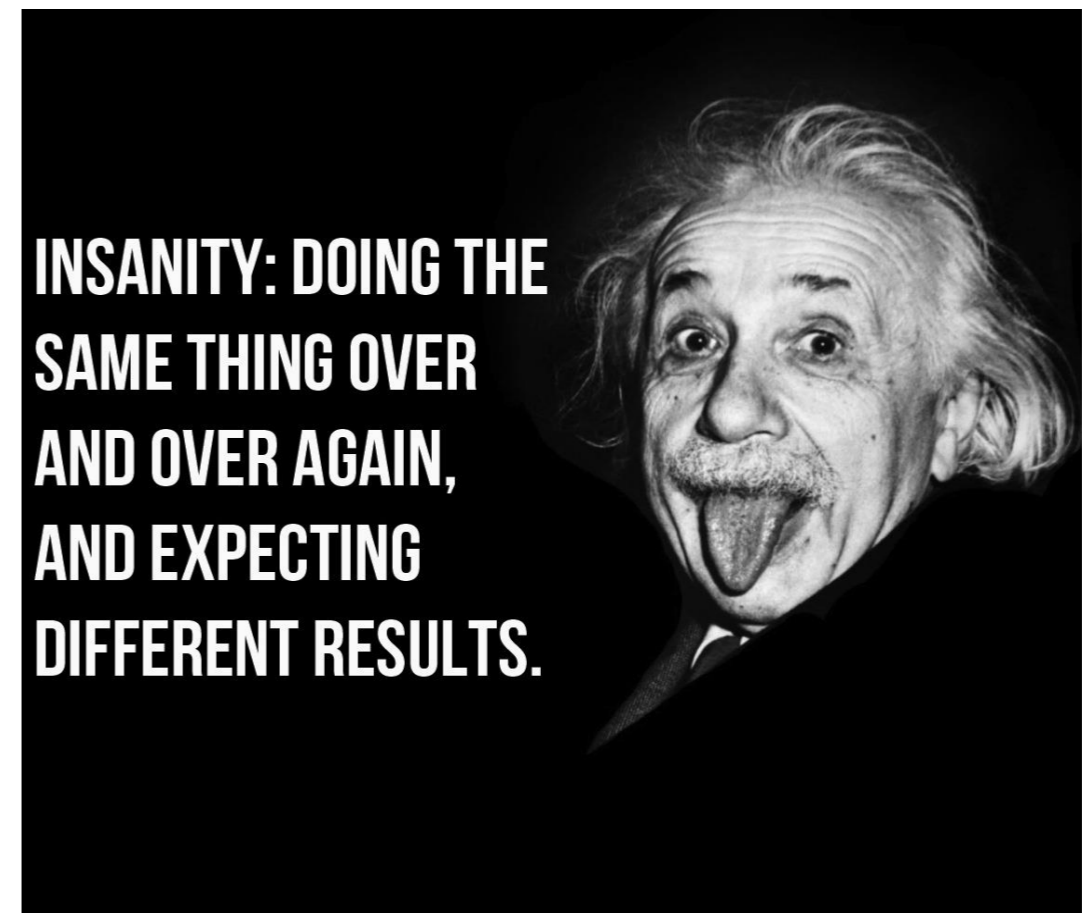
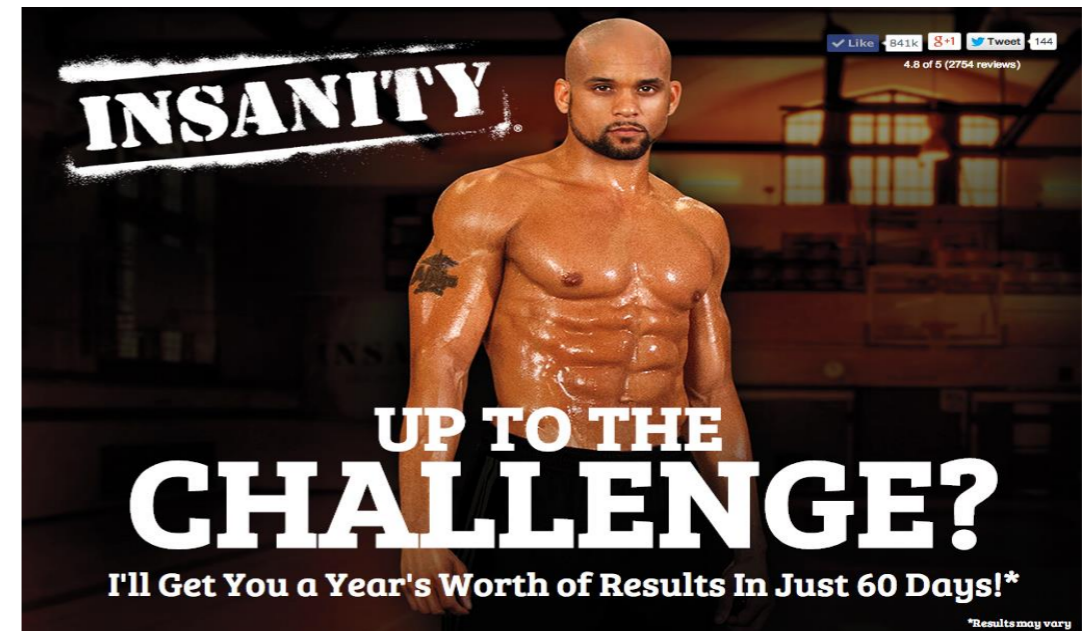
SQUASH
SKILLS.COM

Colin White
February 2016

Colin White: About me

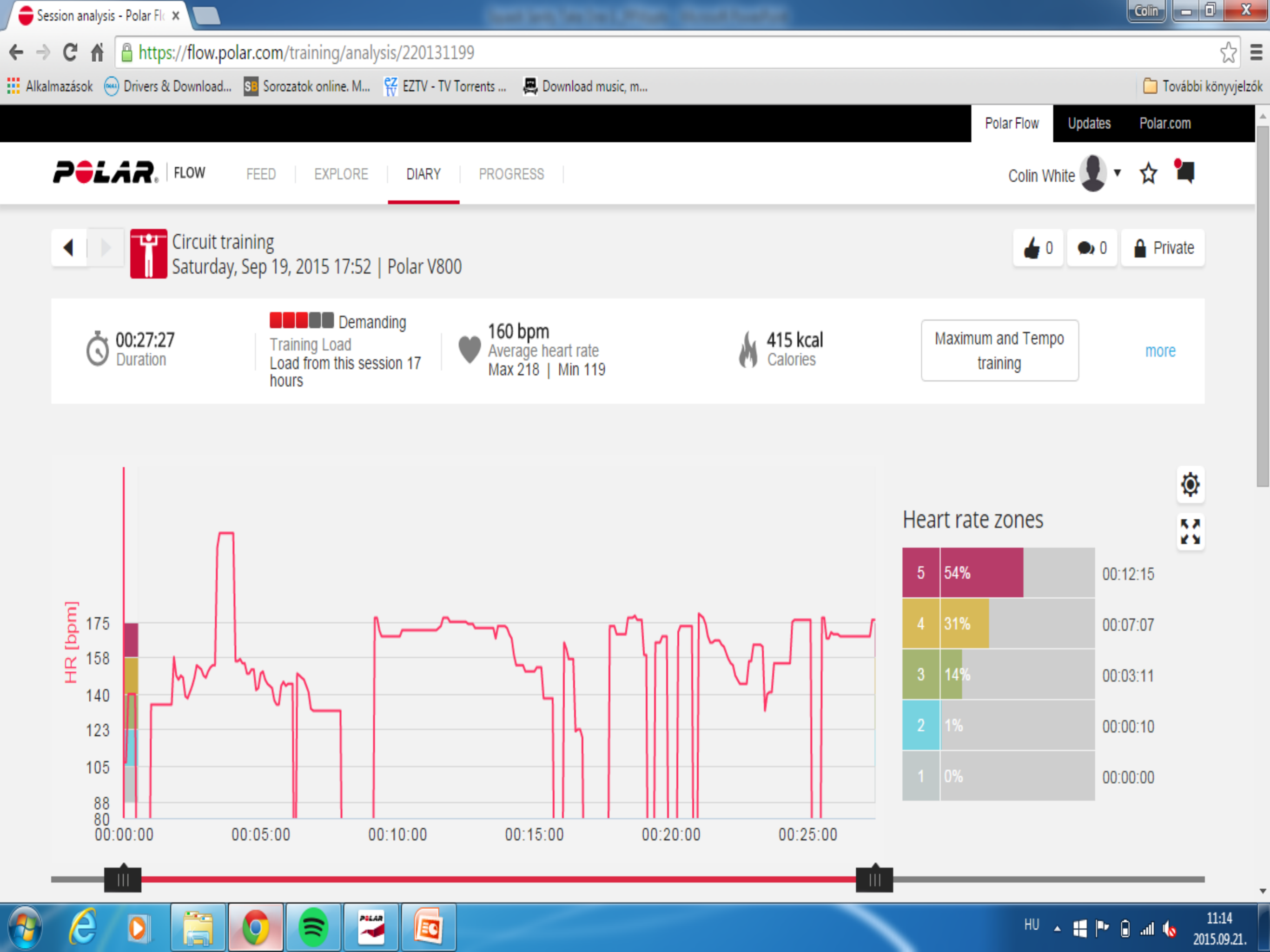
- Age: 45, Dad to a 5 months old Baby (Patrick)
- Playing - 36 years / Coaching - 28 years
- WSF Level 1 Tutor and Level 2 Hopefully 😊
- ESF Level 1, Level 2 and Level 3 Tutor
- Coach to Mark Krajcsak (PSA No.37) 12 x Hungarian Champion
- Austrian National Men's Coach 2013-15
- Spinning Instructor, qualified New York 2011
- TRX Instructor, qualified Bermuda 2011

What is Squash Sanity?



Why would you use Squash Sanity?

- Improve things like Agility, Balance, Core and Speed, while working with an increased heart rate. Facts on typical heart rate?
- Works the whole body.
- Able to train physically and mentally in a group setting.
- Training with music has been shown to lift performance by 6%.



When would you use Squash Sanity?

- Suitable for all levels and skills.
- Plan can be adjusted depending on Area of Focus.
- This is HIIT (High Intensity Interval Training), a quality session completed once or sometimes twice per week.
- Can be combined after a court session.
- Can be done anywhere, with very little equipment.

**This is how we do
Squash Sanity!**

Squash Sanity In Action

- Example Plan:
 - Movement Preparation: Dynamic: Prepare the body! > 5 minutes
 - Game Preparation 1: Pass information and motivate! > 90secs
 - Set 1: > 6-10 minutes
 - Game Preparation 2: Pass information and motivate! > 90secs
 - Set 2: > 6-10 minutes
 - Game Preparation 3 : Pass information and motivate! > 90secs
 - Set 3: > 6-10 minutes
 - Cool Down: Dicuss the session and stretch: > 10 minutes
- In total: 30-50 minutes depending on level, how many sets and area of focus.

Back- ups

Conclusion 1:

- Squash Training can be a lonely experience, this lets Groups/Teams work together in a Squash Specific way! With their own specific targets. > It is FUN! 😊
- Easy to adapt to all levels and areas of focus. > FOCUSED!
- Squash Sanity works the whole body, it's hard, but as a group, you can push/motivate each other, hopefully while listening to some good tunes! > MOTIVATING!
- You can discuss tactics, mindset, game management > INTERACTIVE!

Conclusion 2:

- I have used Squash Sanity with elite players over the last three years with positive feedback.
- You can adjust the „work- rest” ratio; mix it up, use some equipment and use your imagination!
- You can use the app; Seconds Pro to set the layout, including exercises or score.
- Many clubs are multifunctional centers, with Aerobic Rooms or space, but how many run Squash Specific Fitness Sessions? A new income source? New players?

Questions ?



Patrick says
thank you for
trying his
Squash Sanity
Session! 😊
Let's go to the
Courts!

Extra Information One:

- Exercise layout: For this session I used the following concept for each set:
- Exercise One: Agility
- Exercise Two: Leg Work
- Exercise Three: Upper Body
- Exercise Four: Whole Body/Cardio
- * Example your focus could be Leg Work, so you could put two leg exercises back to back.
- * All information included in this presentation is from Colin White, Squash Sanity.