

# JUNIOR SQUASH PATHWAY

**From first picking up a racquet to county level, regional and beyond!**



We have a full Junior Squash programme and pathway here at the Club with the main aims of driving junior squash participation, introducing youngsters to Squash and then helping them to enjoy it and develop their game as quickly as their ability allows.

Squash is a brilliant sport for children. It helps to develop not only ball skills, but also the basic movement skills of agility, balance and coordination that underpin many other sporting activities, and important mental skills such as concentration, self-reliance and perseverance. It is also great for overall junior health and fitness.

As well as our coaching programme, we also work with several local schools to allow them to provide Squash in their sporting curriculum and organize matches for players and encourage them to take part in local and regional tournaments as their ability allows.

## Our Approach to Squash Coaching

1. We develop 'players' by making it FUN and encouraging kids to express themselves through game/match play.
2. We coach sound basics - grip and footwork (movement on and off the ball)
3. Attitude & approach – we promote 'the spirit of the game'
4. We promote and reward creativity and skills - trick shots, cross court nick challenge and attacking play.
5. Equipment & Kits - We aim to look professional & set standards

**“Good Attitude, Good Kit & Good Squash”**

# JUNIOR SQUASH COACHING STAGES

## MINI SQUASH STAGE

Ages 4-7  
Saturdays  
9.30 - 10.15AM

Mini-squash introduces the game and also focuses on the ABCs – Agility, Balance and Coordination. Children will have lots of fun and start to pick up some of the basics of the game using bigger balls and rackets.

## BEGINNER & INTERMEDIATE STAGE

Ages 8+  
Saturdays 10.15-11AM  
Wednesdays 5-5.45PM

These sessions work on the four basic shots: drive, boast, volley, lob and drop; and start to develop movement patterns around the court. The focus is still for the games and sessions to be fun and lively whilst ensuring basic tactics, technique and rules are taught.

## ADVANCED STAGE

Wednesdays  
5.45 - 6.30PM

For more advanced juniors between ages 11 to 18. Fun sessions are still at the fore. Juniors are stronger, playing confidently and encouraged to enter club competitions and adult box leagues at the right level.

## PERFORMANCE STAGE

Part-funded 1:2:1 coaching is offered to select promising juniors. By invitation only. Offers are made annually and factors each player's ability and attitude. The Performance squad is led by an extremely high-quality coaching team and provides lots of playing opportunities.

## EXTERNAL OPPORTUNITIES

We encourage our performance players to get involved in County Squash and England Squash sanctioned tournaments and events. Our coaching team will help guide your child on how to get involved with these once they reach the right level.

The age ranges above are just a guide and the coach will be led by the junior's playing experience and confidence and advise the right session for them. We offer a free session to allow juniors to try the sport. If you would like to find out more about our Junior programmes, please contact our Racquets Operations Manager, Steve Adams on [07896 899467](tel:07896899467) or email [steve.adams@clubtowers.com](mailto:steve.adams@clubtowers.com)

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