

20 WEEKS SQUASH TRAINING THEME PLANS

This can be used as one stint in Autumn and another in Spring, or do one theme for two weeks and run the plan once in a season. Ideally have the intensity vary from week to week, for example: week 1 light, week 2 moderate, week 3 hard etc.

WEEK 1

Basic swing technique

WEEK 2

Basic movement patterns

WEEK 3

Playing cross court – when and how?

WEEK 4

Playing the ball deep into corners – both back and front

WEEK 5

Mastering the straight drive

WEEK 5

Diagonal playing – playing the ball into free space

WEEK 6

Length game – playing the ball into different lengths

WEEK 7

Straight hitting and playing – getting familiar with the alley

WEEK 8

Attacking with boast

WEEK 9

Varying the pace with straight drives – using the height

WEEK 10

Using the lob in different situations

WEEK 12

Varying the game with defensive or attacking side changes

WEEK 13

Executing a winning drop

WEEK 14

Volleying in different situations

WEEK 15

Straight kill – when and how to execute?

WEEK 16

Controlling the court with straight volleying

WEEK 17

Attacking shots and counter drops

WEEK 18

Slowing the pace by using the height and space

WEEK 19

Increasing pace by volleying

WEEK 20

Preparing for competition and competing

