



Junior Squash Programme Lesson Plan - January to March 2010

Week	Theme	Coaching Points
1	Straight drives Back Hand & Fore Hand / Channel games	Length – Depth – Racket Up – Open Face – Hit Early – Check Grip
2	Straight drives Back Hand & Fore Hand / Volley / games	Length – Depth – Racket Up – Open Face – Correct Movement
3	Conditioned games based on length	Putting into practice the points gained from previous sessions
4	Fitness Test – Skills	Using on-court equipment
5	Service & Return / $\frac{3}{4}$ court	Knowing when to volley or let bounce. Ball must be hit straight to length.
6	Games [handicapped & conditioned]	Length / Short games
7	Straight drives & when to play a boast	Good length required – force a boast – “T position” – offensive / defensive – next shot ?
8	Drives & volleys, straight & cross court	Good length required - Attack the volley
9	Fitness Test / Skills	Using on-court equipment
10	Drop shots & lobs	How and when to use these shots - as winners or to give more time
11	All-court games [conditioned]	Use short line / service line as targets
12	Fun games	Use cones / sponge balls, etc.