



Staffordshire Squash Academy

THE PLAYER PATHWAY

The Academy Mission

Our mission is to develop the sport of squash within the county at a professional level by offering programs and events allowing children and teens to enjoy a fun, and motivating sport. At the same time, we aim to offer our players the opportunity to progress to a competitive level, both locally and nationally.

Program Objectives

- To introduce juniors to develop the game of squash, including rules and match play.
- To teach and encourage sportsmanship.
- To develop racket skills, deception, strategic thought, and the setting of personal objectives.
- To improve fitness.
- To build friendships, gain confidence, and have fun!

Benefits of the Program

- Physical and skills development
- Hand-eye coordination
- Muscle tone and strength (legs, core, arms)
- Improved speed, agility and balance
- Sport psychology & nutrition information
- Excellent cross-training for any other sports such as hockey, football, volleyball & rugby
- Understanding of strategy, critical thinking, and objective setting by playing conditions games.

You will also:

- Have fun and gain personal confidence.
- Receive a County t-shirt
- Have the opportunity to play at different venues

Our fully trained England Squash coaches will deliver structured sessions where juniors will learn about all aspects of squash. We will nurture academy players, ensuring they have a sound understanding of the game.

The sessions will focus on :

- Warm up routines
- Hand to eye coordination exercises
- Different shots – drive, volley, boast, drop, lob
- Grip, swing, racket preparation, technique
- Movement, footwork, speed and balance
- Decision making – playing the right shot
- Being deceptive – when one has options and time on the ball

Where could this Staffordshire Squash Academy training lead?

Academy training could be a step on the journey to playing for your country.

The talent pathway goes as follows :

- Staffordshire Squash Academy
- County squad
- Aspire programme
- England potential
- England development
- England academy
- Team England

Our goal is to promote a sport which has been proven to keep young people healthy in body and mind. Squash is regarded by many as the world's healthiest sport.

Register now

Registration form on documents page of website

www.staffordshiresquash.co.uk

Register Now

Upcoming Academy dates....

**25th July
1st Aug
29th Aug
5th Sept**

www.staffordshiresquash.co.uk

the tie that binds Staffordshire squash and racketball

