

Summer Squash Camp

Wednesday 4th August 2010 12:30pm – 5pm

Ages 8 – 18, Boys and Girls

**A FUN PACKED SQUASH COACHING CAMP WITH
ENGLAND COACH PAUL CARTER & PSA PRO
ADAM FULLER**

- £45 FOR FULL DAY TRAINING -

About the Camp

A unique opportunity for Juniors to mix with and get coaching from an England National Coach and a top Hertfordshire based International Player. All the training is based on a programme used regularly by the Pros, giving you a taste of being a full time player. The emphasis of the Camp is on enthusiasm and quality – and we have the right coaches here to make that happen for all levels and all abilities.

What's in the Camp?

The Camp lasts from 12:30pm to 5pm on August 4th and culminates in a Handicap Tournament.

A variety of activities include:

- All-round technical coaching from a World renowned coach and a top player
- Video Analysis of Technique
- Plyometrics, Circuit Training, Speed Work
- Play the Pro
- Conditioned Games, Mini Tournament

All sessions will involve time on court with the coaches. There are limited spaces, guaranteeing a high coach to pupil ratio to ensure that everybody gets quality attention to their game.

However, we'll have fun doing it, with plenty of variety and interest!

N.B. Bring your own food for the break



Sample Day

12.30pm Warm up outside (weather permitting). Jog around the playing field for a stretch, some sprint games and Squash specific movement exercises. Note: Bring outdoor trainers.

13.15 Get onto court and implement the movement technique whilst learning correct racket work for the 'kill' shot, followed by dividing off and working with the coaches on court.

14.15 Devised conditioned games to finish the session.

14.45-15.15 Break. Watch and analyse video.

15.15 Back on court for routines and competition based on morning's lessons.

15.45 Conditioned games & gameplay. Coaches on hand to implement the work done earlier into the games.

16.00 Circuit training. Work on Speed, Agility & Power specific to Squash.

16.15 Handicap competition to finish. End of a tough day!