

Junior Coaching

Coaches

Level 4 Coach – Sam Willis

Daventry squash club is very lucky to have Sam Willis co-ordinating the coaches and coaching sessions each week.

Level 1 Coaches

This year we have an additional 9 coaches who have obtained the England Squash Level 1 coaching award these coaches are all volunteers. The coaches are listed on the Junior's notice board and on the squash club website. The level 1 coaches will work together in groups and coach the same group of children throughout the term, with guidance by Sam Willis.

Coaching Group Levels

The coaching sessions will follow England Squash's '**Mini Squash**' programme for young players between the ages of 5-11, there will be three categories:

- **FUNdation**
- **Improver**
- **Pro**

Mini Squash provides coaches with a framework for the delivery of Mini Squash coaching and covers every stage of progression from a beginner player at age 5 – FUNdation – to a competent player at age 11, who can play elements of the full game with modified equipment – PRO.

Young players who are 11+ or who have progressed beyond the 'Pro' level will follow an advanced programme to be known as **Pro +**

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Coaching Session Structure

The junior squash season will take place between October and April, comprising three blocks of five weeks. Each block will provide opportunities for competitive play as well as squash and fundamental movement skill development.

Coaching term example

Week 1 and 2	Coaching Sessions
Week 3	Multiskills and Games
Week 4	Coaching
Week 5	Mini Games

Mini Squash Cards

Coaches will be using the official Mini Squash cards in order to deliver progressive sessions. There are 19 Mini Squash cards in total:

FUNdation	6 cards
Improver	6 cards
Pro	7 cards

Each card comprises of 6 headings:-

Movement	Action	Activity
Fun Game	Know the Game	Lifestyle

As Juniors progress through the Mini Squash cards these headings remain the same but become progressively more challenging.

Mini Squash Player Passports

Each junior will have a Mini Squash passport which visually records their progress through the mini squash cards, at their own pace.

Coaches award **Mini Squash** stamps to players who achieve each of the activities and questions identified under the six headings on each card. Each activity must be achieved consistently before a stamp can be awarded. Players can gain 6 stamps per card and once all stamps have been recorded, players are ready to move on to the next card or level of **Mini Squash**.

Coaches will keep a dated record of players' progress. How quickly player's progress through **Mini Squash** will depend on an individual's ability.