




# The National Coaching Scheme



## MINI SQUASH

**Ages: 5–11 Yrs**  
**Priority: Fun & Understanding**  
**Stage of Learning: Beginner**



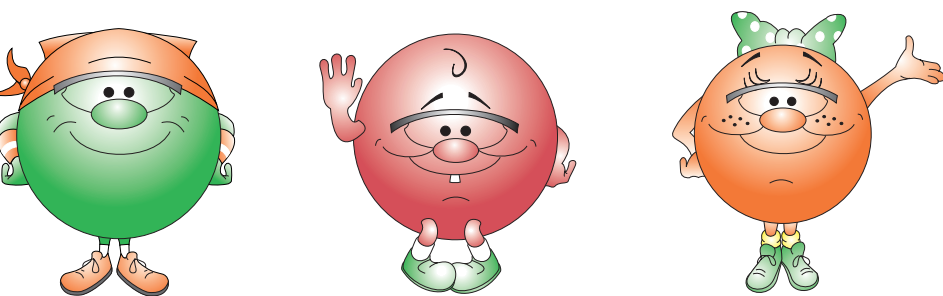
WHAT EQUIPMENT	WHAT TO PLAY	WHERE TO PLAY	COMPETITION
<b>Unsquashable FUNdation Ball</b> 	<b>Unsquashable Mini Squash – FUNdation</b> Ages 5–8 years depending on ability	• School • Unsquashable Mini Squash Approved Centre	• Unsquashable Mini Squash School Festivals
<b>Unsquashable Improver Ball</b> 	<b>Unsquashable Mini Squash – Improver</b> Ages 7 upwards depending on ability	• England Squash Chartered Club • Leisure Centre	• Unsquashable Mini Squash Club Competitions • Unsquashable Mini Squash Team Challenge Events
<b>Unsquashable Pro Ball</b> 	<b>Unsquashable Mini Squash – Pro</b> Ages 8 upwards depending on ability	• Local Squash Facility	• Unsquashable Mini Squash County Events

**WHAT TO LEARN**

- Understanding of the game
- Understanding what you can make the ball do
- Grip
- Racket angle control
- Racket speed

**WHAT LEVEL OF COACH**

- England Squash Level 1, 2, 3 or 4 Coach who has received Unsquashable Mini Squash Training
- Unsquashable Mini Squash leader
- Teacher who has received the Unsquashable Mini Squash Teachers Award



How much time should I spend on coaching, practice and competition/fun games.

Programme Sponsor:  
**Unsquashable**



## CLUB PLAYER

**Ages: 9–16 Yrs**  
**Priority: Learning & Technique**  
**Stage of Learning: Improver**

WHAT TO PLAY	WHERE TO PLAY	COMPETITION
<b>England Squash Development Awards</b> Ages 9–16 Stages 1–10 each focusing on different shots	• England Squash Chartered Club • Local Squash Facility	• Junior & Senior Club Nights • Junior & Senior Club Leagues • Club Competitions • Junior County League • National Graded Events
<b>County Feeder Squads</b> U11, U13, U15 Talent ID Sessions Squad Training	• Activities organised by County Association	• County Closed • County Competitions & Events
<b>Coaching</b> Group/individual in addition to activities listed above		• England Squash Sanctioned Tournaments

**RECOMMENDED EQUIPMENT**

  
Progress ball  
6% bigger than traditional ball

  
Single yellow dot ball

**WHAT TO LEARN**

- Basic stroke production
- Simple movement patterns
- Match play
- Link racket action to result
- Watching opponents actions

**WHAT LEVEL OF COACH**

- England Squash Level 2, 3 or 4 qualified coach



How much time should I spend on coaching, practice and competition.



## COUNTY & REGIONAL PLAYER

**Ages: 9–19 Yrs**  
**Priority: Skill, Training, Competition & Winning**  
**Stage of Learning: Performance**

WHAT TO PLAY	WHERE TO PLAY	COMPETITION
<b>England Squash Top Player Awards</b> Ages 9–19	• England Squash Chartered Club • Local Squash Facility	• Club competition as per Club Player • England Squash Sanctioned Tournaments
<b>County Activities</b> U11, U13, U15, U17, U19 Feeder Squads County Squads	• Activities organised by County Association	• County Competitions & Events • County Closed • Inter County Championships
<b>Coaching</b> Group/individual in addition to activities listed above		
<b>Regional Activities</b> Regional Squads	• Activities organised by Regional Coach	• Regional Competitions & Events • Regional Closed
<b>Talented Athlete Scholarship Scheme</b>	• Universities	• Inter Regional Championships
<b>National Ranking</b> U13, U15, U17, U19	To be eligible to receive a National Ranking players must: <ul style="list-style-type: none"><li>• be eligible to represent England</li><li>• be members of England Squash</li><li>• have entered or participated in the minimum number of required activities/tournaments as detailed on the England Squash Website, under Rankings</li></ul>	

**WHAT LEVEL OF COACH**

- England Squash Level 3 or 4 qualified coach



**RECOMMENDED EQUIPMENT**

  
Single yellow dot ball

  
Double yellow dot ball

**WHAT TO LEARN**

- Increased accuracy
- Increased range of stroke
- Efficient & effective movement
- Consistency under pressure
- Standard tactics
- Anticipation

How much time should I spend on coaching, practice and competition.



## POTENTIAL PROGRAMME, JUNIOR NATIONAL PLAYER

**Ages: 17–22 Yrs**  
**Priority: Tactics, Competition & Winning**  
**Stage of Learning: High Performance**

WHAT TO PLAY	WHERE TO PLAY	COMPETITION
As County and Regional Player	As County and Regional Player	As County and Regional Player
<b>National Activities</b> National Ranking National Squads	National Squash Centre	• National Ranking Tournaments • National League • England Squash Grand Prix

**WHAT LEVEL OF COACH**


- England Squash Level 3 or 4 qualified coach

**WHAT TO LEARN**

- Application of pressure
- Strategies for coping with pressure
- Specific tactics
- Awareness of opponents actions
- Application of previous knowledge



**RECOMMENDED EQUIPMENT**

  
Double yellow dot ball

How much time should I spend on coaching, practice and competition.

Programme Sponsor:  
**World Class Potential**

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