

Four-year Development Plan for a College Female Novice Squash Player- ©Tim Bacon 1995

Name:

| | Year 1 | Year 2 | Year 3 | Year 4 |
|-----------|--|--|--|---|
| Technical | <ol style="list-style-type: none"> 1. Basic Grip 2. Basic Straight Drive - mid 3. Basic Volley 4. Basic drop - front 5. Basic drop - mid 6. Basic defensive boast 7. Introduce backwall 8. Introduce lob - front | <ol style="list-style-type: none"> 1. Perfect grip 2. Cross-court drive - mid 3. Volley drop 4. Perfect drop - front 5. Perfect drop - mid 6. Perfect boast off backwall 7. Drive straight off backwall 8. Perfect lob - front 9. Intro working boast - mid 10. Drive from front | <ol style="list-style-type: none"> 1. Refine drives/volleys - mid 2. Perfect volley drops 3. Refine drops - mid/front 4. Refine lobs/drives from front 5. Perfect working boast - mid 6. Intro COLF off backwall 7. Intro volley nick - cross 8. Intro volley boast - mid 9. Intro working boast - back 10. Intro angle - front 11. Intro boast nick - back | <ol style="list-style-type: none"> 1. Maintain drives/volleys - mid 2. Refine volley drops - straight/cross 3. Maintain drops - front/mid 4. Maintain lobs/drives - front 5. Refine working boast - mid 6. Perfect COLF off back 7. Perfect volley boast 8. Perfect working baost - back 9. Perfect boast nick - back 10. Perfect angle - front 11. Intro backwall boast |
| Tactical | <ol style="list-style-type: none"> 1. Intro basics zone tactics 2. Length strategy - attrition 3. Length - force boast - drop 4. Length - drop from mid | <ol style="list-style-type: none"> 1. Perfect basic zone tactics 2. Maintain length strategies 3. Intro slow game (lob/drop) 4. Intro power game 5. Intro shot-making game 6. Intro volley game | <ol style="list-style-type: none"> 1. Refine basic zone tactics 2. Maintain length strategies 3. Perfect styles of play 4. Develop counters to styles 5. Introduce patterns of play | <ol style="list-style-type: none"> 1. Maintain basic zone tactics 2. Maintain length strategies 3. Select dominant style of play 4. Perfect counters to styles of play 5. Perfect patterns of play |
| Physical | <ol style="list-style-type: none"> 1. 5k 27:00 2. 100 touches 6:00 3. 20-yd 3.3s 4. Spider 19:00 | <ol style="list-style-type: none"> 1. 5k 24:48 2. 100 touches 5:30 3. 20-yd 3.2s 4. Spider 18:00 | <ol style="list-style-type: none"> 1. 5k 23:00 2. 100 touches 5:15 3. 20-yd 3.1s 4. Spider 17:30 | <ol style="list-style-type: none"> 1. 5k 21:42 2. 100 touches 5:00 3. 20-yd 3.0s 4. Spider 17:00 |
| Mental | <ol style="list-style-type: none"> 1. Introduce mental skills 2. Develop focus plan 3. Elements of excellence 6/10 4. Quality practice 6/10 | <ol style="list-style-type: none"> 1. Introduce mental skills 2. Develop focus plan 3. Elements of excellence 7/10 4. Quality practice 7/10 | <ol style="list-style-type: none"> 1. Perfect mental skills 2. Perfect focus plan 3. Elements of excellence 8/10 4. Quality practice 8/10 | <ol style="list-style-type: none"> 1. Refine mental skills 2. Refine focus plan 3. Elements of excellence 9/10 4. Quality practice 9/10 |