

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