

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

Name:

	Year 1	Year 2	Year 3	Year 4
Technical	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	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	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	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	1. Intro basics zone tactics 2. Length strategy - attrition 3. Length - force boast - drop 4. Length - drop from mid	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	1. Refine basic zone tactics 2. Maintain length strategies 3. Perfect styles of play 4. Develop counters to styles 5. Introduce patterns of play	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	1. 5k 27:00 2. 100 touches 6:00 3. 20-yd 3.3s 4. Spider 19:00	1. 5k 24:48 2. 100 touches 5:30 3. 20-yd 3.2s 4. Spider 18:00	1. 5k 23:00 2. 100 touches 5:15 3. 20-yd 3.1s 4. Spider 17:30	1. 5k 21:42 2. 100 touches 5:00 3. 20-yd 3.0s 4. Spider 17:00
Mental	1. Introduce mental skills 2. Develop focus plan 3. Elements of excellence 6/10 4. Quality practice 6/10	1. Introduce mental skills 2. Develop focus plan 3. Elements of excellence 7/10 4. Quality practice 7/10	1. Perfect mental skills 2. Perfect focus plan 3. Elements of excellence 8/10 4. Quality practice 8/10	1. Refine mental skills 2. Refine focus plan 3. Elements of excellence 9/10 4. Quality practice 9/10