

412 SQUASH

DEVELOPMENT SQUAD

AGES 8-10

ASSESSMENT REQUIRED

INTRODUCTION TO COMPETITIVE SQUASH

A structured, fast-paced program that builds the foundation for competitive success.



SCHEDULE

Offered
4 sessions
per week



COMMITMENT

Choose the option
that fits your
development goals:

- 2 clinics per week
- OR**
- 1 clinic per week
+ 1 private lesson
per week

Must attend at least
2 sessions per week.



SESSION LENGTH

45 minutes



ELIGIBILITY

Ages 8-10
US Squash Rating
Not Required

Assessment
Required

PROGRAM OVERVIEW

Development Squad is designed for motivated junior players ready to take the next step toward competitive squash. This program introduces the essential skills, tactics, and habits needed to train, compete, and succeed with confidence.

PLAYERS WILL DEVELOP:



Improved consistency, swing technique, movement, and muscle memory



Effective serves, serve returns, and first-shot strategy



Tactical awareness, court positioning, and match strategy



Introduction to scoring, officiating, and competitive play



Sportsmanship, resilience, and competitive habits



Confidence and preparation for tournament success

A FOUNDATION FOR COMPETITIVE SUCCESS



STRUCTURED INTRODUCTION

A clear pathway from recreational play to competitive squash.



SKILL DEVELOPMENT

Build technical skills, movement, and consistency through focused, coach-led training.



TACTICS & AWARENESS

Learn to think on court with tactics, positioning, and smart decision-making.



MATCH READINESS

Experience match play, scoring, officiating, and tournament etiquette.



COMPETITIVE HABITS

Build confidence, discipline, and the habits needed to achieve competitive success.