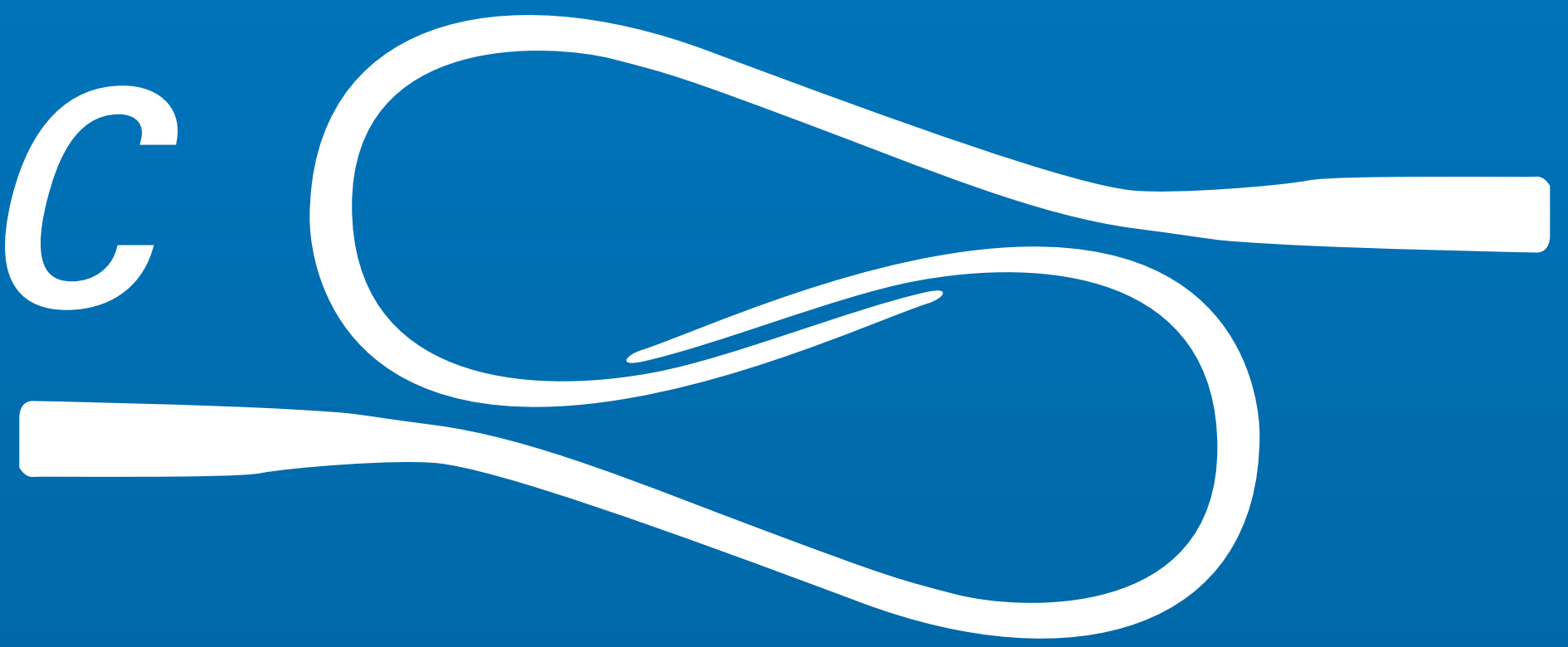


SQUASH BC

www.squashbc.org



PRESENTS THE

JUNIOR SQUASH PATHWAY

OUR GOALS FOR THIS PROGRAM:

- 1) Higher participation levels and longer retention of our athletes.
- 2) Increased volunteer base and parental participation as a result of understanding the pathway.
- 3) Higher performance of our athletes.

FUNDAMENTALS



Age of Athlete
5-7 years old

Equipment

- Dunlop Blue Dot
- Small racquet (56 cm)
- Goggles

LTAD Stage
Active Start

Rule Modifications

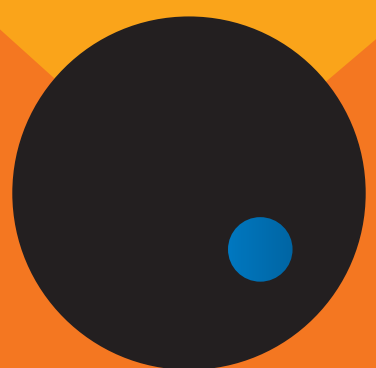
- Short line (on floor) is eliminated on serves
- Centre line is extended to front wall (painters tape)
- Serve must only cross into receiver's side of the court
- Server gets 2 chances to serve the ball into play
- Players will serve one rally from each side, then switch the server to serve their 2 points
- Player may bounce the ball to themselves to serve
- The only time the ball is out of play is if it hits the tin, leaves the court, or comes in contact with the roof or lighting
- The ball must be played before the third bounce (2 bounces allowed)

SQUASH IS CONSIDERED THE #1 HEALTHIEST SPORT*

Event Structure

- Approximately 3-5 events throughout the season in each region.
- 2 hour total time for event
- Skill Development Focus while introducing playing other players in other clubs:
1st hour: Skill Acquisition, drills and informal coach assessments
2nd hour: Cooperative Play, with focus on working as a team to execute skills
- 4-6 minute timed intervals for games

* Squash was rated as the top sport in a survey of the Ten Healthiest Sports by Forbes Magazine.



DEVELOPING

Age of Athlete
7-9 years old

Equipment

- Dunlop Red Dot
- Medium racquet (63cm)
- Goggles

LTAD Stage
Learning to Train

Rule Modifications

- Short line (on floor) is eliminated on serves
- Centre line is extended to front wall (painters tape)
- Serve must only cross into receiver's side of the court
- Server gets 2 chances to serve the ball into play
- Players will serve one rally from each side, then switch the server to serve their 2 points
- Player may NOT bounce the ball to themselves to serve
- The only time the ball is out of play is if it hits the tin, leaves the court, or comes in contact with the roof or lighting
- The ball must be played before the second bounce

Event Structure

- Approximately 4-6 events throughout the season in each region.
- 2 hour total time for event
- Skill Development Focus while introducing players to playing other players in other clubs:
1st hour: Assessment / Cooperative Play and Team Games
2nd hour: Game Play
- Timed Games of 5-7 minutes
- Athletes that are off the court keep score (just count, no sheets) for games

ACCORDING TO THE WORLD SQUASH FEDERATION, AS OF JUNE 2009, THERE WERE 49,908 SQUASH COURTS IN THE WORLD,



PROGRESSIVE

Age of Athlete
8-12 years old + 13-18 years old

Equipment

- Dunlop Single Yellow Dot
- Regulation racquet
- Goggles

LTAD Stages
Learning to Train
Training to Train



OVER 20 MILLION PEOPLE PLAY THE GAME OF SQUASH IN OVER 180 COUNTRIES!

Rule Modifications

- There are NO rule modifications at this level
- All standard squash rules are enforced

Event Structure

- Approximately 4-6 events in each area throughout the season. One provincial event.
- 4-6 hours, one day event
- Competition Focus:
1st hour: Timed games, round robin, allows for kids to play everyone and for coaches to "seed" kids into groups.
Remaining time: Competitive Play
- Based on results of groupings, play 2-3 matches
- All matches are 3 games, PAR 15
- Winning by one is OK: No over-points.
- Athletes that are off the court keep score

COMPETITIVE

Age of Athlete
10-18 years old

Equipment

- Dunlop Double Yellow Dot
- Regulation racquet
- Goggles

LTAD Stages
Training to Train
Training to Compete

Rule Modifications

- There are NO rule modifications at this level
- All standard squash rules are enforced
- Some matches are officiated by players, other times by officials depending on the event

Event Structure

- Multiple events around province throughout the squash season (current junior events)
- Standard 2-3 day tournaments with athletes divided by age groups and/or skill levels:

- U11
- U13
- U15
- U17
- U19



AS WELL AS THE CARDIO WORKOUT, SQUASH HELPS TO DEVELOP BALANCE, HAND-EYE COORDINATION & ALL-ROUND FLEXIBILITY.

Contact Squash BC and find out how to get your child involved and playing the healthiest sport around.

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(604) 737.3087



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