

WELCOME

The key is not the "will to win" - everybody has that. It is the will to prepare to win that is important.



TRAINING PLAN

What ?

- Program to get player peak to maximum performance

Why?

- To find the right balance between different components of the game

When?

- All time

How?

- Producing a daily schedule for training

The start

- Tournament schedule
- Player performance plan
 - Facilities
 - Team

The components

- Physical
- Technical
- Tactical
- Mental
- Lifestyle

Player Performance Plan

- Coach = Director
- Player and Coach = Scenario/
Script
- Sometimes National Squash
Federation involved!

Player Performance Plan

Name: Roe	Date	Evaluatiedatum:
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	Area	Areas for Improvement Current & Target Rating										How can these improvements be made – through coaching, practice & competition?	How are you going to review progress? <small>E.g. Lesson Evaluation</small>
		1	2	3	4	5	6	7	8	9	10		
TOP	Identification of opponent's options, by looking/reading opponents body position & racket head angle, direction and speed											<ul style="list-style-type: none"> - Perception training - Rally building , rally situations 	
	Tracking the ball												
MID	Position to time the ball											<ul style="list-style-type: none"> - Target training with different speeds and different angles - Playing patterns 	
	Target selection												
	Stroke selection												
BOTTOM	T Zone – balance, grip & spacing											<ul style="list-style-type: none"> - Ghosting and specific footwork - Accuracy training (different pace) 	
	Movement to the ball												
	Stroke execution												
	Recovery to the T Zone												

PHYSICAL & MENTAL

Area	How can these improvements be made – through coaching, practice & competition?										How are you going to review progress? E.g. Lesson Evaluation	
	1	2	3	4	5	6	7	8	9	10		
Squash Efficient Movement				4	5							<ul style="list-style-type: none"> - Ghosting - Physical training program - Power training (resistance) - Specific stabilisation exercises and " core and stability training"
Aerobic, VO2 Max			3		5							
Anaerobic Threshold							7					
Intermittent Muscular Endurance				4	5							
Speed and Agility								8				
Reactive Strength						6	7					
Power – Force & Velocity								8				
Stability					5	6						
Flexibility								8				
Recovery & Regeneration						6	7					
Motivation								8				<ul style="list-style-type: none"> - Getting skill and physical to a higher level - Mental training - Mental training - Specific relaxation exercises
Confidence					5	6						
Concentration				4	5							
Handling Pressure					5	6						
Relaxation					5		7					
Attention Focus				4		6						

1
2
3
4
5
6
7
8
9
10

	Area	Areas for Improvement current & target rating										How can these improvements be made – through coaching, practice & competition?	How are you going to review progress? <small>E.g. Lesson Evaluation</small>	
		1	2	3	4	5	6	7	8	9	10			
	Diet					5	6						- Nutrition scheme	
	Time Management					5								
	Family						6							
	Social							7						
	Education/Work					5	6							

Ronny

Roe

Pre season example

12 weeks planning

Week 1 – 4

- Aerobic workouts
- Technical training
- Routines
- Strength and power
- Core and stability
- Specific movement

12 weeks planning

Week 5 – 8

- Anaerobic workout
- Strength training
- Tactical training
- Conditioned games
- Pressure sessions
- Agility training
- Speed sessions

12 weeks planning

Week 9 -12

- Anaerobic work out
- Agility
- Speed
- Pressure sessions
- Conditioned games
- Matchplay
- Mental preparation (yoga , mind setting, video,...)
- Core and stability
- Tapering

How does it look like?



CALENDAR



Zoeken in Google Agenda



Ronny



Agenda

Vandaag



1 - 7. feb 2016

Dag

Week

Maand

4 dagen

Agenda

Meer



MAKEN

ma 1/2

di 2/2

wo 3/2

do 4/2

vr 5/2

za 6/2

zo 7/2

GMT+01

Rustdag

Mini-agenda

Mijn agenda's

- Ronny Vlassaks
- donsquash@hotmail...
- fleur maas
- ineta mackevica
- juliette.permentier@g...
- Kenzo Vlassaks
- laurinplank.squash@...
- Leonard Hofman
- Liene Rieba
- Lukasz Stachowski
- Maurice Hansmann
- Megan Van Drongelen
- Roeë Avraham
- Sanne Veldkamp
- sinawall1989@gmail...
- Taken
- thijsroukens123@gm...
- thimi.christiaens@hot...
- Tobias Weggen
- Trainingsschema Nele
- Trainingsschema Tinne
- Yarne Mulders

Andere agenda's

- De agenda van een kennis
- frank.goossens2801...
 - gabriellafritsche@gm...
 - Paul Ecker
 - Squash Kevin Walst
 - Tom Schreurs

	ma 1/2	di 2/2	wo 3/2	do 4/2	vr 5/2	za 6/2	zo 7/2
06:00							
07:00							
08:00							
09:00	09:00 - 10:00 Looptraining		08:30 - 16:00 School tot 16.30	08:30 - Training F1	09:00 - 10:30 Squashtraining Peter de Vroed	09:00 - 10:00 CSA Peter Soek	
10:00				09:30 - 10:30 Training Stephen			
11:00	11:15 - 15:30 School tot 15.30	11:00 - 11:45 Training Ronny		11:15 - 17:00 School tot 17.00	10:45 - 15:30 School tot 15.30		
12:00						12:30 - 14:00 Squashtraining	
13:00							
14:00		14:00 - 15:30 Groep SBN				14:00 - Core en stretch	
15:00		15:30 - Stretch					
16:00	16:00 - 17:00 Huiswerk		16:30 - Training F1				
17:00							
18:00	17:30 - 19:00 Squashtraining		18:00 - 19:00 Huiswerk	17:30 - 19:00 Matchplay			
19:00		19:00 - 21:30 Huiswerk		19:00 - 20:00 Core en stretch	19:00 - 22:00 Competitie in Zwolle		
20:00	20:00 - 21:30 Huiswerk		19:30 - 20:30 CSA Peter Soek groep	20:00 - 21:30 Huiswerk			

Training F1

Duration : 30 min

1. Ipad App green (exercises on 1 min)
2. 5 x 1 minute rope skipping with 30 sec rest
3. Ipad App yellow (exercises on 45 sec)
4. 3 x 1 min rope skipping with 30 sec rest
5. Ipad purple (exercises on 1 min)

- **Training F3**
- **Set 1 (5 x)**
- 1 min ghosting (75 %) (quality!)
- 45 sec rest
- 45 sec ghosting (80 %)
- 15 sec rest
- 30 sec (90 %)
- 15 sec rest

- Set 2
- 16 x 15 sec fast ghost around T-zone maximal
2 steps with 15 sec rest in-between

Training F4 (on squashcourt)

1 length sprint

1 length walk

2 lengths sprint

1 walk

3 sprint

1 walk

4 sprint

1 walk

5 sprint

1 walk

= 1 set

in total you do 6 sets with 1 min rest in-between

- **Training F5**
- 6 x 2 min suicides with 1 min break in between

**Losers quit when they're tired.
Winners quit when they've won!!!**

THANKS