



## Hisham Ashour Squash Academy Program Philosophy

Hisham Ashour Squash Academy's mission is to train junior squash players to excel in all aspects of their squash game including mental skills, strategy, mechanics and fitness. Excellence comes with consistent and comprehensive training.

Squash is a hand/eye coordination sport, and therefore consistent training is paramount. Many juniors with an inadequate training schedule find themselves frustrated by missing shots in matches they have successfully made in training. The reason is plain and simple: lack of consistency. Learning to make the right shot is one thing; doing it consistently in matches, under pressure, is completely different. The latter demands a consistent and intensive training schedule.

Training is one thing; proper training is another. At the Hisham Ashour Squash Academy, we stress a comprehensive training regimen of five elements: Private or Semiprivate Training, Group Training, Solo Practice, Match Play and Fitness/Strength sessions. Juniors seeking tournament level competition and top ranking will need to allocate time in their schedules for each of these five elements.

**The final element of the Hisham Ashour Squash Academy's philosophy is positive energy. Train hard, but don't forget to have fun!**

### *The Five Elements to Squash Excellence*

#### Private/Semi-Private Training

During private sessions, players will focus on form and technique with their coach. Semi-private Sessions are a desirable medium between Private instruction and Group Training and is great for kids with more restrictive schedules. Semi-private lessons with players of the same or similar level are encouraged once the player's form and technique is achieved.

#### Group Training (Clinics)

Group dynamics motivate players to apply themselves differently (and usually more eagerly) than during private training. Clinics also train players to increase stamina.

#### Solo Practice

Solo practice is the secret to high racquet skills. It is the one element that all top ranked juniors and professionals share. Solo practice is best used once a player has attained a certain level of technique.

#### Match Play (Team Training):

Match Play is where players implement the skills acquired with the coaches. Without the battle hardness that comes with match play, the best technique can be of little help in winning matches.

#### Fitness /Strength Training:

Squash is a game of balance, agility, strength, explosiveness and endurance. Plyometric training is key to a strong and healthy squash career. Juniors aiming to compete nationally or internationally must spend an ample amount of time on fitness/strength training.