

LONG TERM PLAYER DEVELOPMENT



Active for Life any age males & females

60 Min moderate daily exercise, 30 min intense activity for adults.

Move from highly competitive to competitive squash through age group competition. Transfer from other sports to squash. Move to squash admin or volunteering.

Better opportunity to be squash active for life if physical literacy is achieved before the Training to Train stage.



Training to Win 19 +/- males, 18 +/- females

Maintenance or improvement of physical capacities. Refinement of technical, tactical and playing skills. Modelling all possible aspects of training and performance. Frequent prophylactic breaks. Maximize

ancillary capacities. Multiple periodization. High performance. Squash specific training 9-15 times a week.



Training to Compete 16-23 +/- males, 15-21 +/- females

Squash specific physical conditioning. Squash specific technical, tactical preparation. Squash specific technical, tactical skills under competitive conditions. Integrated mental, cognitive and emotional development.

Advanced mental preparation. Optimize ancillary capacities. Specialization. Multiple periodization. Squash specific technical, tactical and fitness training 9-12 times a week.



Training to Train 12-16 males, 11-15 Females

Squash specific skill development. Major fitness development stage. The onset of the growth spurt. (PHV) Integrated mental, cognitive and emotional development. Develop mental preparation. Introduce free

weights. Develop ancillary capacities. Frequent musculoskeletal evaluations. Double and triple periodization. Squash specific training 6-9 X week, including complementary sports.



Learning to Train 9-12 Males, 8-11 Females

Overall sport skill development. Major skill learning stage :- All basic sport skills should be learnt before entering Training to Train. Integrated mental, cognitive and emotional development. Introduction of mental

preparation. Medicine and Swiss ball, own body strength exercises. Introduce ancillary capacities. Single or double periodization. Talent identification. Squash specific training 3 times a week, participation in other sports 3 times a week.



FUNdamentals 6-9 Males, 6-8 Females

Overall movement skills. FUN and participation. General, overall development. Integrated mental, cognitive and emotional development. ABC's of athleticism, agility, balance, coordination

and speed. ABC's of athletics, running, jumping and throwing. Medicine ball, Swiss ball and own body strength exercises. Introduce simple rules of ethics for sport. No periodization but well structured programs. Screening for talent. Daily physical activity.



Active Start 0-6 Males & Females

Fun part of daily life. Focus on learning proper movement skills like running, jumping, twisting, kicking, throwing and catching. Not sedentary for more than 60 minutes except when sleeping.

What is LTPD?

The Squash South Africa Long Term Player Development Programme (LTPD) is a 7-Stage player development programme.

The LTPD programme is a training, competition and recovery programme based on a player's developmental age, in other words, the maturation level of an individual rather than the age of the player. It is player centred and coach driven.

1. It is based on the physical, mental, emotional, and cognitive development of children and adolescents. Each stage reflects a different point in athlete development.
2. It ensures physical literacy upon which excellence can be built from early childhood to late adolescence, by promoting quality daily physical activity in our schools and a common approach to developing physical abilities through school, club, recreation and elite squash programs. It recognizes the need to involve all South Africans in LTPD, including players with disability.
3. It ensures that optimal training, competition and recovery programs are provided throughout a squash player's career.
4. It provides an optimal competition structure for the various stages of a squash player's development. Players who progress through LTPD, experience training and competition in programs that consider their biological and training ages in creating periodized plans specific to their development needs.
5. Has an impact on the entire squash continuum which includes participants, parents, coaches, schools, clubs, community programs, provincial organizations, Squash South Africa, Sport science specialists, municipalities, Sport and Recreation, SASCOC and even the departments of Health and Education.
6. It integrates elite squash, league squash, recreational squash, school squash and physical education in our schools.
7. It is 'Made in South Africa', recognizing international best practices, research and normative data.
8. It supports the goals of SASCOC namely Enhanced Participation, Enhanced Excellence, Enhanced Capacity, Enhanced Interaction and reflects a commitment to contribute to the achievement of these goals.
9. It promotes a healthy, physically literate South Africa whose citizens participate in lifelong physical activity and squash in particular.



sport & recreation

Department:
Sport and Recreation South Africa
REPUBLIC OF SOUTH AFRICA



A player development programme of Squash South Africa.