



Universal Squash Camp: Weeks Itinerary

Monday: 9am	Warm Up	
	9.15am	¾ court
	10.45am	Break
	11am	Play for Groups & Challenges
	12.30pm	Lunch
	2.15pm	Warm Up
	2.30pm	Skills Test
	3.30pm	Break
	3.45pm	Serve and Return
	5.15pm	Fitness - widths
Tuesday: 9am	Warm Up	
	9.15am	Hitting Deep
	10.45am	Break
	11am	Speeding up the game
	12.30pm	Lunch
	2.15pm	Warm Up/solo
	2.30pm	Attacking short on the volley
	3.30pm	Break
	3.45pm	Conditioned games for Volleys
	5.15pm	Fitness - Strength
Wednesday:	9am	Warm Up/prehab
	9.15am	Closing down the court
	10.45am	Break
	11am	Fitness Test & Beep test
	12.30pm	Lunch
	2.15pm	Warm Up/solo
	2.30pm	Attacking short off the bounce
	3.30pm	Break
	3.45pm	Team Match play
Thursday: 9am	Warm Up	
	9.15am	Movement – 6 different courts – box pattern, cones and poles, pressure feed (ghost and hit), right, left, middle, T.T
	10.45am	Break
	11am	use of side wall
	12.30pm	Lunch
	2.15pm	Warm Up/solo
	2.30pm	Deception/Hold
	3.30pm	Break
	3.45pm	Tactics – working out players restrictions
	5.15pm	Fitness – Power
Friday:	9am	Warm Up
	9.15am	Use of height, push drop, defense
	10.45am	Break
	11am	Playing different styles of play
	12.30pm	Lunch
	2.15pm	Warm Up/solo
	2.30pm	Exhibition/ match analysis
	3.30pm	Break