

## Saturday 18 March

9.00 AM	Welcome and setting the scene
9.15 AM	Coaching with technology
10.15 AM	Key technical points to developing efficient power on the backhand
11.15 AM	Break
11.30 AM	4 keys to 'solidity'
12.45 PM	Lunch
1.30 PM	Importance of strong body language on court as a coach and player
2.15 PM	Tactical awareness – knowing your opponent's options Use of different lengths and targets
3.15 PM	Break
3.30 PM	Preventing injuries and maximising performance the smart way
4.30 PM	Connecting with coaches and recapping the day

## Sunday 19 March

9.00 AM	Review and preview
9.15 AM	Reflecting on connections
9:45 AM	Transitioning from player to coach
10.15 AM	Using solo practice and conditioned games to improve concentration on court
11.00 AM	Break
11.15 AM	Perfecting the drop shot using cut Technical and tactical analysis of the serve and return
12.45 PM	Lunch
1.30 PM	Knowing the coaching system
2.00 PM	Group pressure sessions – how to structure and design Fun routines for social players
3.30 PM	Closing the loop and farewell

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