



**SQUASH**  
NEW ZEALAND

# END-TO-END PLAYER PATHWAY DISTRICT TALENT BASE

## BACKGROUND

The district development framework is the end-to-end pathways' foundational program. Its central focus is to provide a structure for developing players to begin the journey on the national High-Performance pathway.

**The District Talent Base will be governed by four key underlying principles:**

- An athlete centred approach.
- 'Balance is Better'.
- Coaching
- Fundamental Squash Skills

**The District Development program will consist of three stages:**

- Stage 1: Club
- Stage 2: District Development
- Stage 3: District Representation

Players in the district development framework will be identified by the Districts and club. The athletes will demonstrate promising ability and be receptive to good behavioural traits. These players will attend district trainings/squads and participate in both District and National tournaments. Progress will not be limited to grading points and results alone, but the overall potential and coach recommendation will also be a key indicator for selection.

The District Talent Base stage will be managed by the Districts with support from SNZ and local clubs. District coaches will co-design squad programs in conjunction with SNZ. Programme benchmarks and protocols will be aligned with the national program, and some player mentoring support will be provided by SNZ.



# THE FOUR COMPONENTS OF DISTRICT DEVELOPMENT

## Athlete-Centred

An athlete centred approach focuses on the achievement of the athletes' goals and caters to the needs of all athletes. It prioritises the holistic development of the players skills with a view to developing independent athletes.

## “Balance is Better” – Sport NZ

‘Balance is Better’ is a Sport NZ philosophy that sport should provide young people the opportunity to have fun, be challenged, develop, improve, be part of a team or group, and enjoy time with friends.

‘Balance is Better’ resources are readily available for parents and individual coaches through the Sport NZ website. Districts will use this as the overarching philosophy in the delivery of their development framework.

## Coaching

Coaches and early mentors are essential for athletes to learn and develop fundamental squash skills and behaviours. Coaches are required to create a positive squash environment and love of the game. Experience and knowledge in Strength and Conditioning will be useful to deliver the squad programmes. Approved SNZ coaches.

## Fundamental Skills

The Development Frameworks' four fundamental squash skills:

- learning the correct grip
- learning correct footwork patterns
- developing a full court game (both length, short game, and volleys)
- developing squash tactics and strategy

It essential that all four skills are embedded before progression to the next stage of the end-to-end pathway can occur.



# DISTRICT PROGRAMMES

	FOUNDATION (CLUB)	DISTRICT DEVELOPMENT	DISTRICT REPRESENTATIVE
<b>Descriptor</b>	District junior players will be identified through junior club programmes. Club coaches will be identified and tracked by the district governing bodies and the SNZ Club Junior Pathway Framework will drive the core components of this club program:	The second stage of the Development pathway will be District Development Squads. Selection for the squads will be based on potential and positive performance characteristics. District representation will be selected from this squad.	District representation is selected from the District Development Squads. These athletes will represent the district in national junior events and are beginning to be introduced to the Development stage of the Squash NZ End-to-End Player Pathway.
<b>Focus</b>	<p>Learning Basic Fundamental Skills</p> <p>Focused on fun and building a love for the game.</p> <p>Create squash communities of players.</p> <p>Build character through good behaviours and education.</p>	<p>Focus on Fundamental Skills development – particularly correct grip and footwork patterns.</p> <p>Enjoyable environments and love for the game</p> <p>Age-appropriate physical aspect is important part of development.</p>	<p>Focus on fundamental skills – particularly developing a full court game and squash tactics and strategy.</p> <p>Training meets individual needs.</p> <p>Athletes accountable for completion of training and development</p> <p>Consolidation of existing Fundamental Skills</p> <p>Physical aspect now an important part of development</p> <p>Mental Skills development</p> <p>All linked back to Squash NZ National program</p>
<b>Structure</b>	Coach pupil ratio is high - 3/4 per court max	<p>Low coach to player ratios</p> <p>Extra group squads and individual coaching outside of the programme.</p>	<p>Low coach player ratios 2/3 on court max.</p> <p>Extra group sessions outside of camps required.</p>
<b>Competition</b>	<p>Club tournaments all levels – juniors and seniors</p> <p>School Sport</p> <p>Super Champs</p> <p>Junior District Opens</p> <hr/> <p><b>National</b></p> <p>North-Island Junior Age Groups</p> <p>South-Island Junior Age Groups</p> <p>New Zealand Junior Open</p> <p>New Zealand Junior Age Groups Nationals</p>	<p>Club tournaments all levels – juniors and seniors</p> <p>School Sport</p> <p>Super Champs</p> <p>District Opens</p> <hr/> <p><b>National</b></p> <p>North-Island Junior Age Groups</p> <p>South-Island Junior Age Groups</p> <p>New Zealand Junior Open</p> <p>New Zealand Junior Age Groups Nationals</p> <p>Inter-district Teams</p>	<p>Club tournaments all levels – juniors and seniors</p> <p>School Sport</p> <p>Super Champs</p> <p>District Opens</p> <hr/> <p><b>National</b></p> <p>North-Island Junior Age Groups</p> <p>South-Island Junior Age Groups</p> <p>New Zealand Junior Open</p> <p>New Zealand Junior Age Groups Nationals</p> <p>Inter-district Teams</p> <hr/> <p><b>International</b></p> <p>Oceania Junior Championships</p> <p>Trans-Tasman Junior Test Series</p> <p>Asian Junior Events (for high-achieving District juniors)</p> <p>US &amp; Canadian Junior Events (for high-achieving District Juniors)</p> <p>European Junior Events (for high-achieving District Juniors)</p>

Competition and appropriate playing opportunities throughout the different district programmes is important to see progression to keep athletes motivated and support learning.



## DELIVERY

The Districts, in conjunction with the clubs, will be responsible for the oversight and delivery of the District Development Framework. SNZ will provide support in the overall program design. The following 5 areas are essential for programmes to be delivered and successful.

### Players attending

Players are identified and invited to be part of the Squads by clubs, coaches, grading list and expressions of interest.

### Venue

Squads are held at the best desired location depending on number of players, geographic of players and coaches and number of courts available.

### Cost

Funding to run the programmes can be sourced from grant funding, user-pays, sponsorship, and district support.

### Frequency

3-4 squads are recommended annually with the first squad focus on pre- season and getting players involved in the programme. Squads can be held on a Sunday after a 2-day district event. Squads planning for an event (representative), training should be held prior to the event to create team culture and expectations.

### Coaches

Coaches involved in District Programmes should have experience in coaching junior players and are the right fit for the squads and players they are working with.

### District Options for squad coaches:

- Option 1 - Fulltime Coach Developer and District Coach
- Option 2 - Part time District Coach Developer and District Coach Shared with a Club 50/50
- Option 3 – A shared Coach Developer/District Coach across 2 or more districts
- Option 4 - Regional Coach Developer across 3/4 Districts + part time District Coaches in each Region
- Option 5 any other permutation.

# DISTRICT DEVELOPMENT

## DISTRICT PROGRAMMES

FOUNDATION (CLUB)  
DEVELOPMENT  
REPRESENTATIVE



## COMPETITION OPPORTUNITIES

LOCAL  
DISTRICT  
NATIONAL  
INTERNATIONAL

## DELIVERY

PLAYERS ATTENDING    VENUE    COST    FREQUENCY    COACHES

