

# Milano (Italy)

## Squash Camp

**17,18 and 19<sup>TH</sup> November 2017.**



**Squash Club: Sporting Club Milano**

**Address: Piazza Marco Polo, 20080 Basiglio MI, Italia**

**Important Point:**

- We recommend to meet at the club 15 minutes before the Squash Session.



## **Work Groups:**

### **Group Gaultier:**

**Anna Iovino  
Silvia Onofrio  
Bettina Husemann  
Monica Drusian  
Marta Sáez  
Tomasso Funke  
Katrin Funke  
Franco D'Amelio  
Silvia Orsi  
Daniele Zingales**

### **Group Shabana:**

**Benny Tanzer  
Paolo Visconti  
André Hirschi  
Dieter Radoch  
Marco Romiti  
Vincent Venturelli  
Pietro Lana  
Franco Gianera  
Francesco Ieva**

## **CAMP SCHEDULE.**

**Friday 17h November 2017.**

**Afternoon Session.**

**Group A - From 4.30 to 6.30 P.M**

**Group B - From 6.30 P.M to 8.30 P.M.**

**18th November 2017.**

**Morning Session.**

**Group B - From 9.30 to 11.30 A.M**

**Group A - From 11.30 A.M to 1.30 P.M.**

**Afternoon Session.**

**Group B - From 4 to 6. P.M**

**Group A - From 6 to 8 P.M.**

**Sunday 19th November 2017.**

**Morning Session.**

**Group A - From 10.00 to 12.00 A.M**

**Group B - From 12.00 A.M to 2.00 P.M.**

**Close ceremony – Diplomas and feed backs.**

**PROGRAMME.**

**The Technical Programme.**

- Stroke correction.**
- Practical exercises to improve and reinforce the foundation of your technique.**
- Introduction and improvement of basic strokes.**
- Identification and improvement of your areas of weakness.**
- Training with dynamic games to;**
  - Perfect and define your technique and ball placement.**
  - Improve shot selection.**
  - Reduce errors.**
  - Improve consistency.**

- Provide you with the knowledge to make an appropriate choice of response by having a good range of shots.
- Provide a critical evaluation of efficiency of training methods you currently use and offer you alternatives.
- Develop your strengths to make them stronger.

### **The Physical Programme.**

The physical training programme is carried out by our qualified medical sport practitioners and is a personalised physical fitness programme for each player. This includes:

- Development of basic physical abilities - stamina, strength, speed, and flexibility.
- Adapting to the specific physical requirements of a racquet sport - workouts focused on the physical needs of a racquet sport including reaction time, explosive strength, acceleration of movement in the upper body.
- Specific work on muscular compensation.
- Specific work to prevent injuries including the development of general dynamic coordination.
- Personalised physical preparation and competitive goals tailored for each individual.
- Fitness on court, off court, in the gym, and in relation to your own body.

### **Tactical Programme.**

Your tactical decisions can often be the difference between winning and losing. We will increase your understanding of how you can improve your tactical play, this will include:

- Pre-match tactical planning and preparation of each match.
- Strategy during a game.

- Post-match analysis and identification of areas to improve.
- Personalised plans, analysis and understanding of game patterns during match play.
- Player's progress reports.
- Use of video as a tool for recognising and correcting tactics.
- Match management by coaches.
- Teaching and practice of offense and defence.
- How to finish a rally.

### **Psychological Programme.**

Our Team will help you to understand and develop the psychological element of your game. This will include monitoring carried out during the camp. We can also help our players in the following ways:

- Provide an understanding and train various psychological and emotional variables that affect competition matches, thus favouring stimulation of emotional training, individual learning and prevention of on court problems before they arise.
- Facilitating your understanding of how to develop your style of play to ensure you can continue to play squash throughout your life through an understanding of the right combination of physical and psychological elements as your career develops.