



Wed 9th – Fri 11th April 2014 10am–4pm
Mon 14th – Wed 16th April 2014 10am–4pm
Ages 8 – 18, Boys and Girls

**FUN PACKED SQUASH COACHING WITH BERKHAMSTED HEAD COACH
ADAM FULLER**

**- £15 FOR HALF DAY - £30 FOR FULL DAY -
- £75 FOR 3 FULL DAYS -**

About the Coaching

An opportunity for Juniors to mix with and get coaching from Berkhamsted's Head coach Adam Fuller and Assistant coach Michael Evans. This is a great opportunity to improve your skills or learn some brand new skills. The emphasis of the coaching is on enthusiasm and quality – and we have the right coaches here to make that happen for all levels and all abilities.

What's included

The coaching lasts from 10am to 4pm on 9th – 11th and then 14th – 16th of April 2014.

A variety of activities include:

- All-round technical coaching from Professional coaches
- Games tactics
- A full understanding of the game and the rules
- Plyometrics, Circuit Training, Speed Work
- Play the Pro
- Conditioned Games, Mini Tournament

All sessions will involve time on court with the coaches. There are limited spaces, guaranteeing a high coach to pupil ratio to ensure that everybody gets quality attention to their game.

However, we'll have fun doing it, with plenty of variety and interest!

N.B. Bring your own packed lunch



Sample Day

10.00am Warm up outside (weather permitting). Jog around the playing field for a stretch, some sprint games and Squash specific movement exercises. Note: Bring outdoor trainers.

10.30am Get onto court and implement the movement technique whilst learning correct racket work for all shots including the 'kill' shot, followed by dividing off and working with the coaches on court.

11.30am Devised conditioned games to finish the session.

12.30-1.30pm Lunch.

1.30pm Back on court for routines and competition based on morning's lessons.

2.30pm Conditioned games & game play. Coaches on hand to implement the work done earlier into the games.

3.30pm Circuit training. Work on Speed, Agility & Power specific to Squash.

4.00pm Finished. End of a tough day!

Contact Adam Fuller: 07751 239472 or email: adam@best-academy.co.uk



Wed 9th – Fri 11th April 2014 10am–4pm
Mon 14th – Wed 16th April 2014 10am–4pm
Ages 8 – 18, Boys and Girls

**FUN PACKED SQUASH COACHING WITH BERKHAMSTED HEAD COACH
ADAM FULLER**

**- £15 FOR HALF DAY - £30 FOR FULL DAY -
- £75 FOR 3 FULL DAYS -**

APPLICATION FORM

I would like to take part in 9th – 11th and/ or 14th – 16th April 2014 at Berkhamsted Lawn Tennis and Squash Rackets Club.

Name of student

Age

Address

Tel

Email

Emergency contact details

Name

Relationship to student

Tel

Mobile

Any Allergies/medication/dietary requirements?

Please tick which sessions you wish to attend.

9th AM ___ PM ___ 14th AM ___ PM ___
10th AM ___ PM ___ 15th AM ___ PM ___
11th AM ___ PM ___ 16th AM ___ PM ___

I enclose a cheque/cash for £____, made payable to 'Adam Fuller'. Please send to Adam Fuller, 21 Daniells, Welwyn Garden City, Herts, AL7 1QY or by arrangement bring on first day.

Signature

Name

For further details Contact Adam Fuller: 07751 239472 or email: adam@best-academy.co.uk