

# END TO END PLAYER PATHWAY SUMMARY

	<b>TALENT</b>	<b>DEVELOPMENT</b>	<b>EMERGING</b>	<b>PRO</b>	<b>HP PRO</b>
<b>Ranking</b>	Promising ability	WR experience phase can be achieved by competing in domestic PSA	Progressive ranking movement 50-250 Men's 50-150 Women's	10-50 MW	Top 10 MW
<b>Coaching</b>	Foundational techniques Positive squash environment Love of the game	Increased level of skills Individual and group coaching Training programme support	Development of finer details of an athlete's game. Understanding opponent's weaknesses, strategy, and overall program design		
<b>Focus on Squash</b>	Multiple sports	Squash is Primary sport Secondary sport minimal Purposeful daily training environment	Full time focus – this is defined as planning the year/period with performance squash as the central focus and includes playing a full schedule (min 13 PSA events). Maintains and executes an appropriate training program to reach performance goals session by session. Fully functional daily training environment Overseas familiarisation trips Overseas base		
<b>Physical</b>	Learn all areas of fitness	High level	Accumulation and absolute level at higher WR		
		Aerobic fitness, anaerobic fitness, speed development and agility, muscle endurance, range of movement, core strength and injury prevention/recovery/treatment.			
<b>Squash Skills</b>	Fundamental squash skills Skill adaptability	Continually work/practice of skill adaptability	Reading of the game, awareness of opponent's strengths and weaknesses and development of game plans		
<b>Mental</b>	Focus on fun	Self-control, confidence, ability to think through critical points, inner drive, emotional control, resilience			
<b>Environmental</b>	Play multiple sports	School/sport balance Personal responsibility	Adapting to and embracing pro life Communication & reliability - committing to events, being open and timely with communication.		
<b>Events</b>	Player experience against other players and development opportunities	Strong domestic circuit PSA events for world ranking experience	Full schedule (min 13 PSA events). PSA Satellite & Challenger events PSA Major Series World Championship Campaigns		
<b>Match analysis</b>	Views squash online and live.	Watch a lot of top 20 and learn to use match analysis as a tool for tactics and training program design	Clear understanding of the components of top 20 professional squash and the differing squash levels leading up to it. Maintains a coherent game plan for themselves with various adaptive scenarios. Has extensive tactics for known and searchable opponents. Incorporates insights in training plans – skills, drills, movement & fitness.		