



FIGS ACADEMY

Our philosophy

Our coaching philosophy is based on two key concepts:

1. We learn through our senses
2. We learn through playing games

1. We learn through our senses

In addition to teaching the fundamentals of good squash technique, we encourage players to become more aware of their bodies.

We can only control what we are aware of therefore increasing players awareness is at the center of our teaching method.

This allows players to learn through their senses: being aware of and reducing excessive muscle tension, feeling the ball on the strings and listening to the sweet sound of a clean hit.

This teaching method helps players discover their own technique in the most natural way possible.

"Learning is experience, everything else is just information"

Albert Einstein

2. We learn through playing games

Squash is an open skilled game played against an opponent. Therefore, it is best taught in a game based environment.

This approach focuses on open skill exercises, conditioned games and tactical problem solving.

This teaching method allows skills and techniques to be developed in a game context making them more easily transferable into competition.

KEY CHARACTERISTICS OF THE FIGS ACADEMY

Every player is different

We understand that every player is different and cannot be taught to play in the same way.

Our aim is to enhance the individuality of each player by identifying their strengths and weaknesses and developing them accordingly.

Keep it Tight

Leaving the ball glued to the side wall is the most important thing you can do on a squash court!!

We are constantly working with players to improve their ball control.

We focus on simple technique, timing and feel to improve accuracy and consistency.

We often work in small areas and with more than 2 players on court at a time to further promote accurate hitting.

You play as well as you move

The game of squash is based on movement.

For successful squash players the ability to move quickly, efficiently and powerfully is absolutely essential.

To develop good movement we work on the reading the game, the split step, quick feet, transfer of weight and stability.

Be smooth

Squash is a very demanding sport, which means that being smooth and efficient are of paramount importance.

Smoothness and efficiency come from relaxation, coordination, rhythm and timing.

Being smooth and efficient on a squash court greatly increases a player's speed and power as well as a reducing the risk of injury.



Change height and pace

In the modern game of squash it's essential to have the ability to hit the ball at various heights and speeds.

The best players of the world constantly change the height and speed of their shots depending on the situation.

We want players to have a wide range of shots at their disposal and the ability to vary the height and pace of a game at will.

Dictate the play

Squash is a rallying game.

Therefore we try to give the players the tools they need to control rallies and dictate the play.

If you control the rallies, you are more likely to win the match.

The best way to achieve this is through accurately hitting into space, controlling the T, playing with variety and taking "hold" of an opponent's movement.

Squash is physical Chess

To develop the "squash brain" players are encouraged to problem solve rather than be given a direct answer.

This involves playing lots of conditioned games where players are required to process visual clues and recognize patterns of play.

We focus extensively on the skills required to "feel" an opponent's movement, hit accurately into space and dictate the flow of the game.

"Hit the ball accurately into space whilst taking hold of your opponent's movement"



COACHING TEAM



Marcus Berrett – Italian Level 4 Squash Coach (Maestro) - European Level 4 Coach

Marcus Berrett is a former Professional PSA player, who has represented both England and Italy at International level. He won the European Team Championships with England in 1999 and finished third with Italy in 2011. As an individual player he reached a career high ranking of No. 36 (1999) and reached the last 16 of the World Championships (1999). He has coached Madeline Perry (No. 3 PSA), Manuela Manetta (No. 25 PSA), Jens Schoor (No. 60 PSA), as well as many prominent junior and young professional players from both Italy and abroad. He has more than 18 years of coaching experience and is currently the Senior National Coach and head of coaching development in Italy.



Tim Simpson - Italian Level 4 Squash coach (Maestro) - England Squash Level 3 coach

Tim Simpson is a former squash player who represented Yorkshire as a junior. He moved to Italy in 1985 and has held various coaching positions within the Italian Squash Federation including National Coach. He is currently the National Junior Coach.

THE NATIONAL CENTRE



