

Trainingcamp with Rob Owen

(Mo. 28.2.22 – Wed.2.3.22 - Squash Arena Uster / CH)

Monday :

10 :00-12:00 a.m.: On Court Session – Coach the Coach (1-2 Coaches) – Individual Rob Owen (2 Players)

Players: Cindy Merlo, Nadia Pfister, Céline Walser, Caroline Bachem (injured/no practical session), Kate Gadola, Stella Kaufmann, Norina Malbasic

Coaches : Pascal Bruhin, Michi Müller, Florian Pössl, Bea Walser, Cedi Kuchen, Michi Baumann, Dimi Steinmann, Judith Egli

Planning Group Session 10-12: Florian

10 :30-11 :00 Coach the Coach: Cedi – Norina

11 – 11 :30 : Rob on Court with Nadia and Cindy

12-13:00 a.m.: Theory Session – Feedback Coaches/Players – Question & Answer

13 :30-3 :00 p.m.: Lunch (Bocciodromo)

3 :45-5 :15 p.m. : On Court Session – Coach the Coach (1-2 Coaches) – Individual Rob Owen (2 Players)

Players: Cindy Merlo, Nadia Pfister, Céline Walser, Caroline Bachem (injured/no practical session), Kate Gadola, Stella Kaufmann, Alina Pössl, Norina Malbasic

Coaches : Pascal Bruhin, Michi Müller, Florian Pössl, Bea Walser, Cedi Kuchen, Michi Baumann, Dimi Steinmann

Planning Group Session 15 :45-17 :15: Robert

16:15-16:45 Rob on Court with Kate and Celine

16 :45 – 17 :15 : Rob on Court with Stella and Alina

5 :30-7 :30 p.m.: Theory Session (all Players / all Coaches)

- Feedback Coaches/Players
- Rob Owen : Information about Philosophy/Ideas/Coaching/Gameplan/Matchanalysis
- Question and Answer / Discussion

Tuesday :

10-12:00 a.m.: On Court Session – Coach the Coach (1-2 Coaches) – Individual Rob Owen (2 Players)

Players: Dimi Steinmann, Robin Gadola, Cedi Kuchen, Nils Rösch, David Bernet, Miguel Mathis

Coaches: Pascal Bruhin, Michi Müller, Florian Pössl, Michi Baumann, Peter Maier, Cindy Merlo, Johnny Williams (half day), Louai Hafez, Sven Stettler, René Nüssli, Niall Engerer

Planning Group Session 10-12: Pascal

10 :30-11 :00 Coach the Coach: Flo – Robin

11 – 11 :30 : Rob on Court with Cedi and Nils

12-13:00 a.m.: Theory Session – Feedback Coaches/Players – Question & Answer

13 :30-3 :00 p.m.: Lunch (Bocciodromo)

3 :45-5 :15 p.m. : On Court Session – Coach the Coach (1-2 Coaches) – Individual Rob Owen (2 Players)

Players: Dimi Steinmann, Robin Gadola, Cedi Kuchen, Nils Rösch, David Bernet, Miguel Mathis

Coaches: Pascal Bruhin, Michi Müller, Florian Pössl, Michi Baumann, Peter Maier, Cindy Merlo, Johnny Williams (half day), Louai Hafez, Sven Stettler, René Nüssli, Lasse Widmer, Niall Engerer

Planning Group Session 15 :45-17 :15: Robert

16:15-16:45 Rob on Court with Migi and Dave

16 :45 – 17 :15 : Rob on Court with Dimi and Robin

5 :30-7 :30 p.m.: Theory Session (all Players / all Coaches)

- Feedback Coaches/Players
- Rob Owen : Information about Philsosophy/Ideas/Coaching/Gameplan/Matchanalysis
- Question and Answer / Discussion

8:30 p-m.: Dinner at Rino` (Invited : Rob, Cedi, Michi M., Flo)

Wednesday :

9:30-12:00 a.m.: On Court Session – Coach the Coach (1-2 Coaches) – Individual Rob Owen (2-4 Players)

Players: Fabian Seitz, Lasse Widmer, Mika von Aesch, Nick Greter, Liam Flückiger, Noel Holdener, Leandro Vogel, Barni Szelö

Coaches: Pascal Bruhin, Michi Müller, Florian Pössl, Cedi Kuchen, Michi Baumann, Miguel Mathis

Planning Group Session 10-12: Miguel

10 :00-10 :30 Coach the Coach: Michi B. – Barni

10 :30 – 11 :00 : Rob on Court with Fabian and Nick

11 :00 – 11 :30 : Rob on Court with Mika and Lasse

12-13:00 a.m.: Theory Session (all Players / all Coaches)

- Feedback Coaches/Players
- Rob Owen : Information about Philsosophy/Ideas/Coaching/Gameplan/Matchanalysis
- Question and Answer / Discussion

13 :30: Lunch (Bocciodromo)

End of the Camp

Goals:

- New ideas for players
- New ideas for coaches
- Exchange between players/coaches with Rob
- Future exchange players/coaches with Rob
- Possibility for selected players/coaches to visit/train with Rob in England
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