

Abstract

- **Title:** Analysis of the training process at the beginner squash players.
- **Purposes:** To analyze squash training at elementary school age children and test its effect on the acquisition of technical skills and development of fitness skills in practice.
- **Methods:** Observation, testing
- **Results:** Squash training develops fitness skills and children learn technical skills very quickly at elementary school age.
- **Key words:** squash, training, elementary school age, technical training, fitness training