



# RESOURCE PACK

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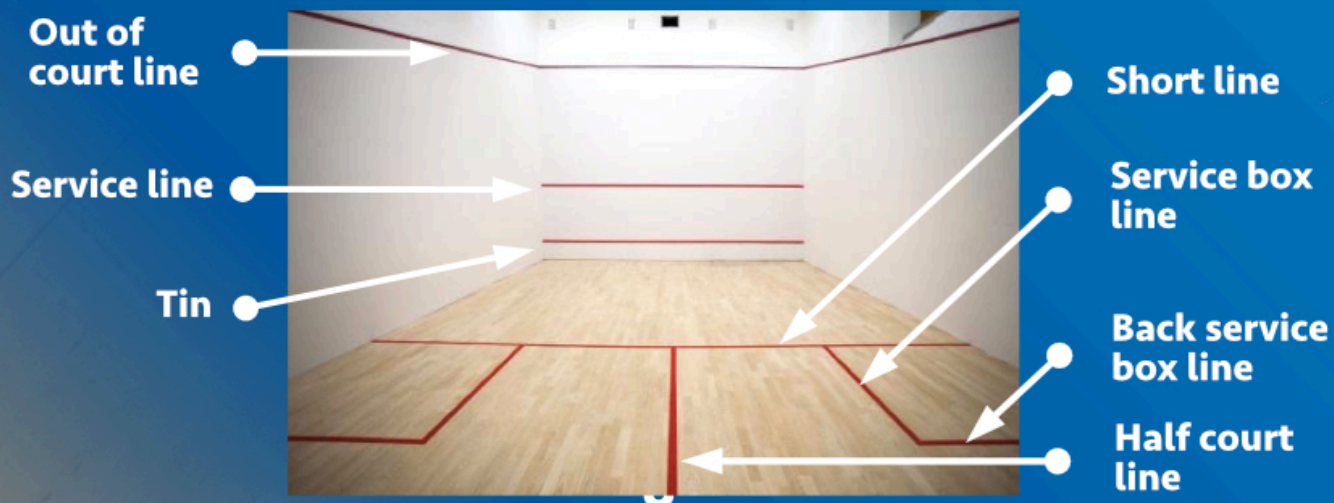
Search: Scottish Squash



# Squash Courts

i

Recreational "Plaster" Court



Professional Standard Glass Court



# Squash Courts

i

Our typical 'SchoolSquash' courts

RED wall lines & YELLOW floor lines



What the lines and walls mean...

The ball can only hit the floor once but can hit side or back walls before or after it hits front wall.

Players must have at-least one foot inside the service box they are serving from.



Serve must hit front wall between service line and out of court line and the ball must land behind the short line on the opposite side of the half court.

Once in play the only lines that matter are the Tin line and the out of court lines.



# How to use our SchoolSquash resource...

We have 5 separate headings to choose from each are important aspect of learning the game of squash.

WARM UP	MOVEMENT	BALL SKILLS	RACKET SKILLS	GAMES
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Each of these different aspects has 5/7 different exercises and each of these has between 2 and 3 progressions that you can move through.

<b>SQUARE DANCE</b> <sup>1</sup>	<b>THROW &amp; GO</b> <sup>2</sup>	<b>RACKET REVOLUTION</b> <sup>3</sup>	<b>FRONT WALL BACK WALL</b> <sup>4</sup>	<b>PRO WARM UP</b> <sup>5</sup>
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<b>MIRROR MIRROR</b> <sup>6</sup>	<b>BALL CHASE</b> <sup>7</sup>	<b>BOMBS AWAY</b> <sup>8</sup>	<b>6 POINT STAR</b> <sup>9</sup>	<b>RECOVER BALL</b> <sup>10</sup>
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<b>REACTION BALL</b> <sup>11</sup>	<b>MULTI-BALL STOP</b> <sup>12</sup>	<b>SERVE CONES</b> <sup>13</sup>	<b>TWO DOWN</b> <sup>14</sup>	<b>SPACE INVADERS</b> <sup>15</sup>
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<b>RACKET NINJA</b> <sup>16</sup>	<b>SOME TEKKERS</b> <sup>17</sup>	<b>SPIN MASTER</b> <sup>18</sup>	<b>RACKET RELAY</b> <sup>19</sup>	<b>TARGET SMASH</b> <sup>20</sup>
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<b>RACKET NINJA</b> <sup>21</sup>	<b>SOME TEKKERS</b> <sup>22</sup>	<b>SPIN MASTER</b> <sup>23</sup>	<b>RACKET RELAY</b> <sup>24</sup>	<b>TARGET SMASH</b> <sup>25</sup>
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**All of these exercises can be adapted to fit any gym hall that has wall space. In some cases you can plan sessions that do not require any wall space.**

## Advice on how to use this resource.

- 1) Always start with 1 or more of the WARM UP cards.
- 2) Try and stay away from progressing onto racket skill straight away. It's best to have the first few sessions with warm ups, movement & ball skill.
- 3) You can dedicate an entire session to one of the headings. e.g.. a Squash Movement session or a racket skill session.
- 4) If the players are progressing, why not choose 1 from each heading?
- 5) There are plenty of combinations and ways to use this resource and taper/apply them to class depending on the standard and speed of progress within individuals in the class.



# Find your local squash club...

There are over 100 squash clubs across Scotland. Many of which run junior coaching programmes, leagues and tournaments at all levels of the game.

If you would like more information on where you could play this fantastic game please head to our website and follow the steps as below...

Scan here for direct link



[www.scottishsquash.org](http://www.scottishsquash.org)



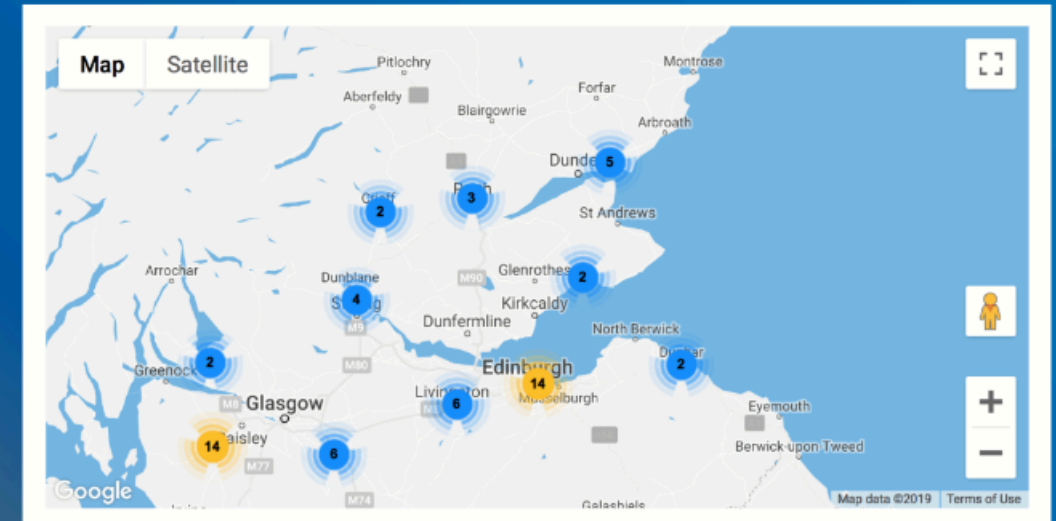
**'Take Part'**



**'Where To Play'**



What you will see on our website...



**You will be able to see plenty of squash clubs and their contact information on our website.**

**These squash clubs usually run a variety of sessions ranging from beginner juniors and adults all the way through to advanced player sessions.**

**Why not have a look at the map, see what club(s) work for you and reach out to them. We're confident that they will get straight back to you, and if not why not send us an email and we'll be able to help point you in the right direction.**

Email:

[info@scottishsquash.org](mailto:info@scottishsquash.org)





WARM UP

# WARM UP

WARM UP

## PAGE

## ACTIVITY

1	SQUARE DANCE
2	THROW & GO
3	RACKET REVOLUTION
4	FRONT WALL / BACK WALL
5	PRO WARM UP



# Square Dance

WU

## WARM UP

### Description

Mark out a square using cones. Leave enough room to allow movement in between the cones. On command players jog around the outside of the square with the coach shouting out various commands.

- \* Jogging
- \* Change Direction
- \* Sidestepping
- \* Skipping

### Equipment

Cones / Markers

### Objective

To follow instructions and get their bodies warmed up through a variety of movements.

### Progressions

#### EASIEST

Walking pace

#### HARDER

Progressive increase in running

#### HARDEST

Move in between the cones.



You Tube



Stay alert and try to make short, balanced connections with the ground.

# Square Dance

WU

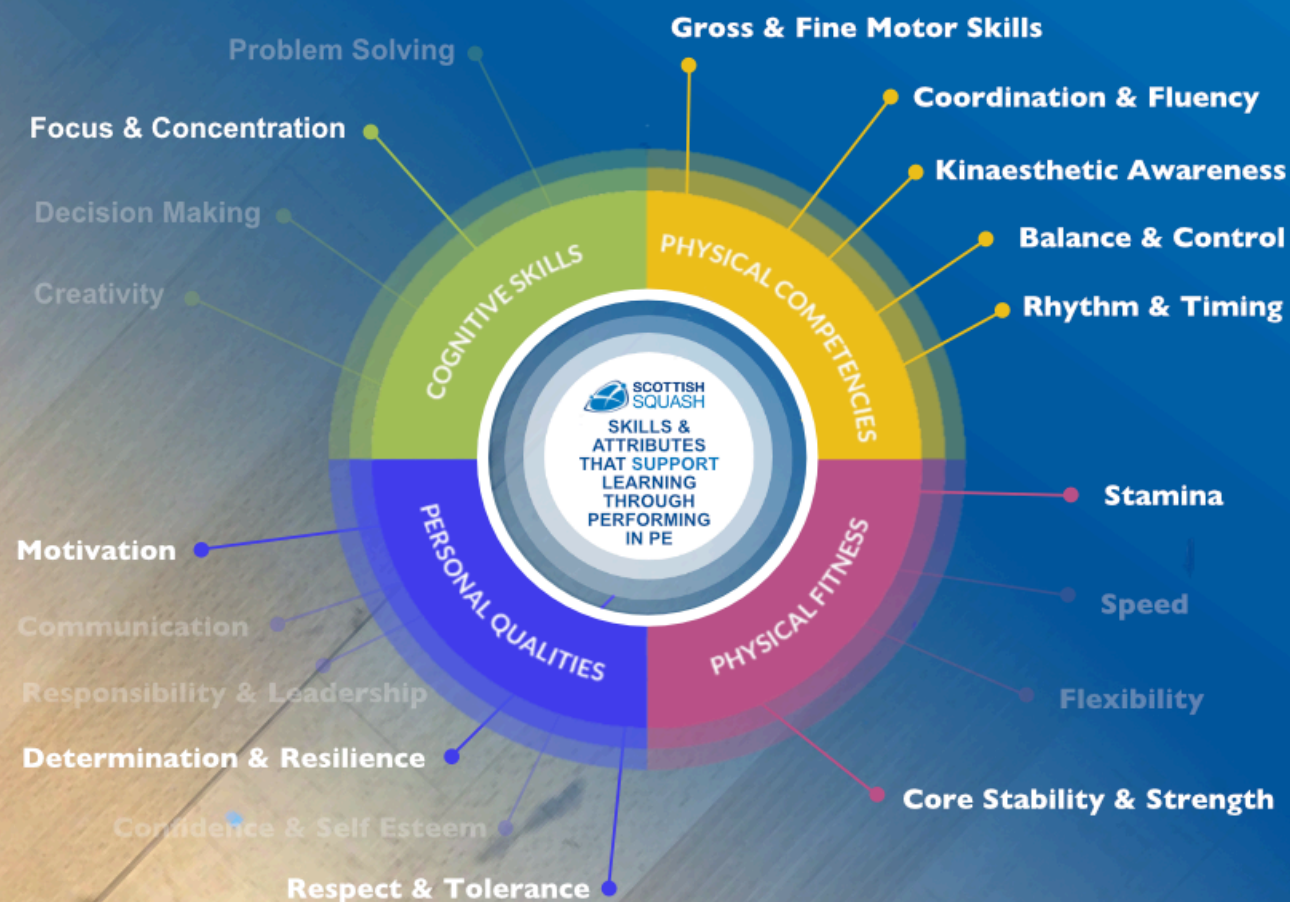
## WARM UP

### Learning Intentions:

The players are learning to groove simple movements through repetition as well as giving them an understanding of exercises that can be used to warm up for most sports.

### Success Criteria:

Players should make sure they are aware of their surroundings in order to move efficiently and smoothly. Focus on the movement and rhythm your body develops in order to progress quickly.





# Throw & Go

WU

## WARM UP

### Description

Group splits into 2 teams of 4/5 all facing each other. Starting about 2 meters apart in a single file formation. Using one ball players throw the ball across to the front person in the other team then runs across to the other team to the right hand side and joins the back of their cue.

### Equipment

Balls & Cones.

### Objective

Here we are preparing the body for activity as well as developing hand eye coordination.

## Progressions

### EASIEST

Teams start close together with a large soft ball.

### HARDER

Teams start further apart

### HARDEST

Teams start even further apart and now use a squash ball!



You Tube



Focus on the ball at all times. Create a better base and be light on your feet!

# Throw & Go

WU

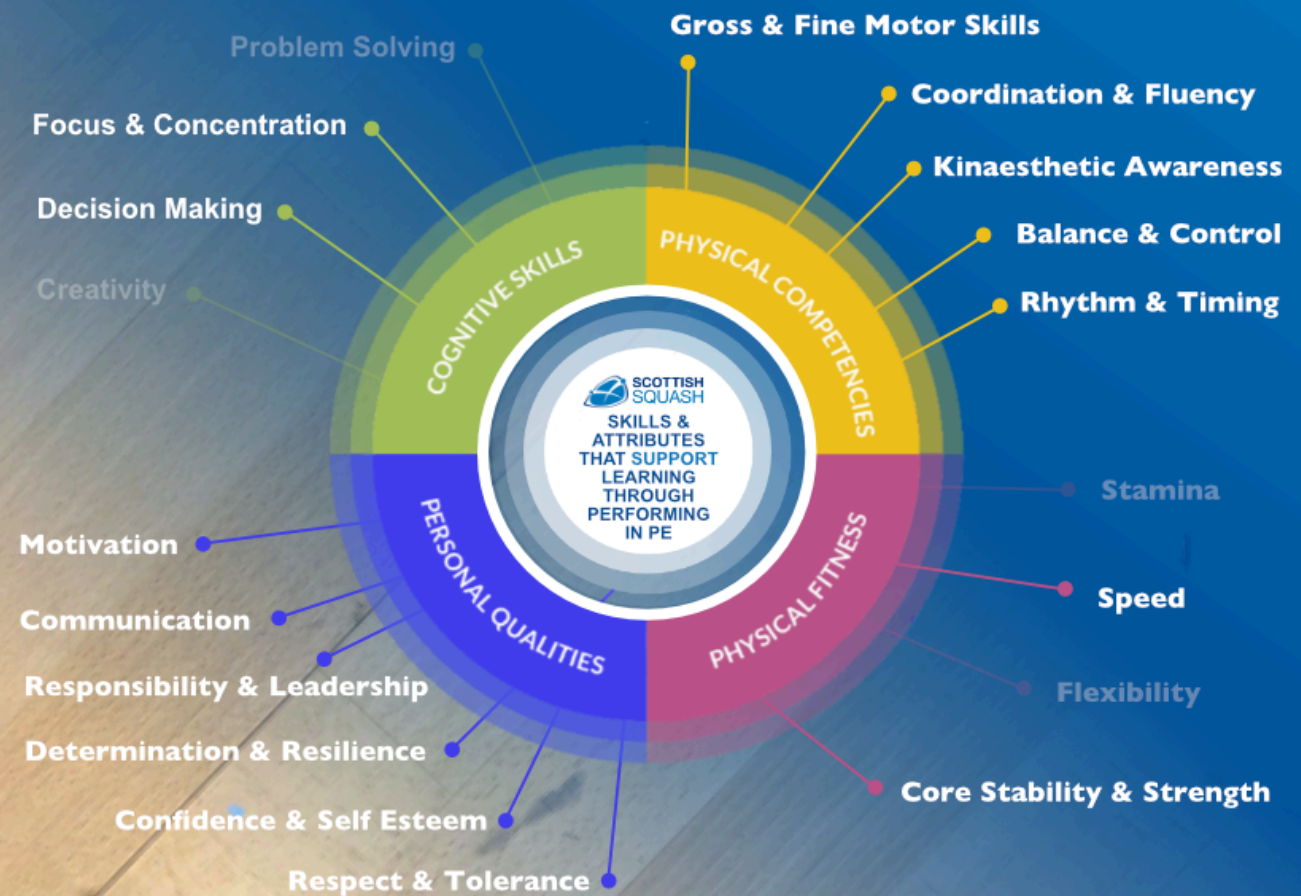
## WARM UP

### Learning Intentions:

Here we are learning to develop hand eye coordination mixed with fast footwork and awareness of surroundings.

### Success Criteria:

Players here will have to keep their hands up so that they can cradle the ball appropriately. Throw first then run in order to make it easier for both teams to get as many catches as possible.





# Racket Revolution

WU

## WARM UP

### Description

Find a space arms length away from everyone in every direction. Place the racket down between your legs flat on the ground (cones will be added as we progress). Jogging with a leg either side of the racket. The teacher/coach will then shout out different colours (cones) that have various meaning. eg RED - Right foot forward, GREEN - Right foot back etc.

### Equipment

Racket & Cones

### Objective

Move quickly and try to not touch your racket.  
"The racket is lava" type thing!

## Progressions

### EASIEST

Start with just two cones.

### HARDER

Introduce 3 then 4 cones depending on how they're getting on!

### HARDEST

Introduce a "180 degrees" shout. Once you shout this the players need to jump and turn the other way then quickly turn back!



You Tube



Start slowly and increase the pace gradually. If you switch off it's bye bye racket!

# Racket Revolution

WU

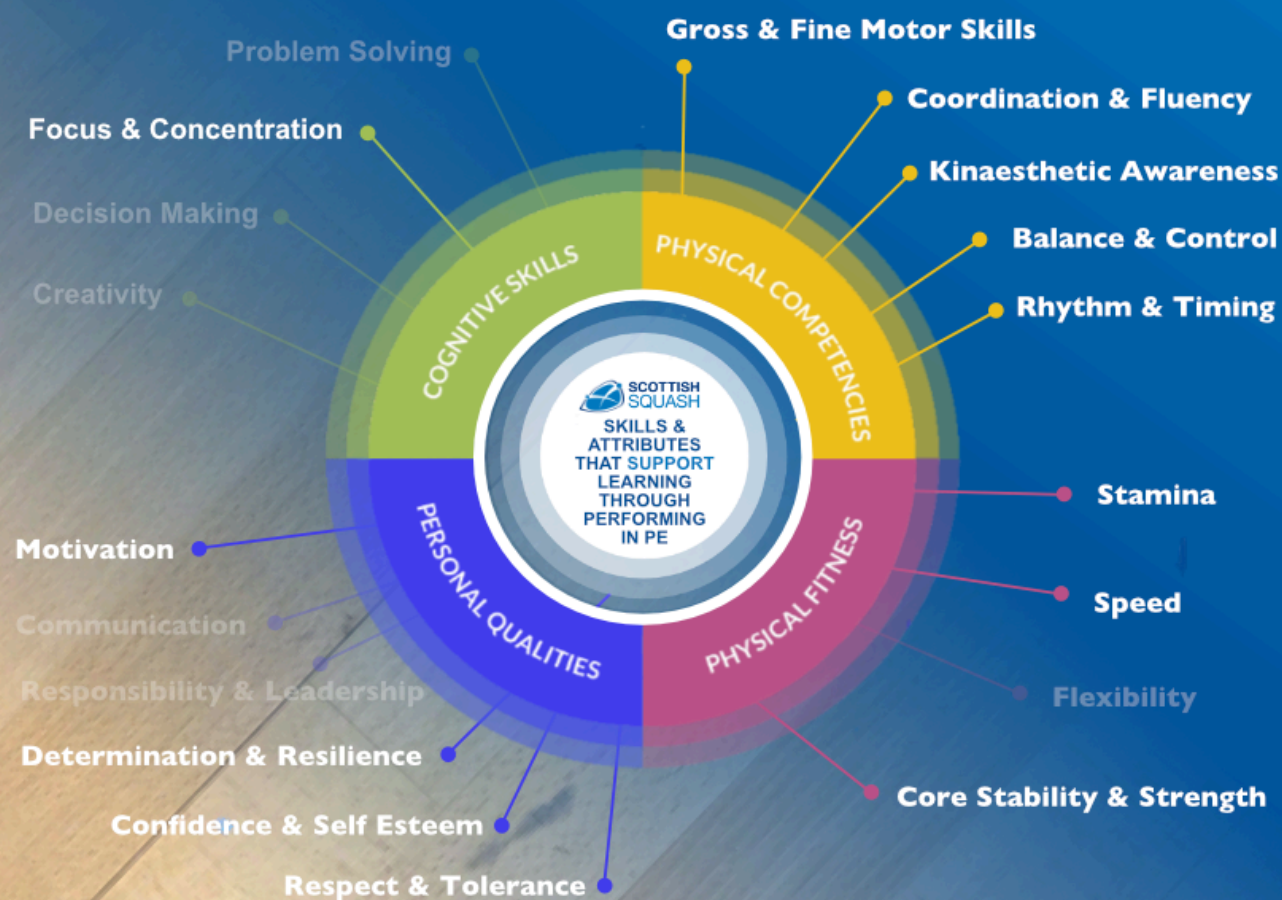
## WARM UP

### Learning Intentions:

The players are learning to control their footwork within a tight space. Developing movement and foot placement with precision.

### Success Criteria:

Players will have to be focussed and ready to coordinate what they see with what they do and perform so with precision. Precise footwork in order to avoid the racket in key here.





# Front & Back Wall

WU

## WARM UP

### Description

One marked out line (back wall) and another marked out 9 meters in front of it (front wall). Players stand in the middle line (short line) in between the two lines. Teacher shouts out either front wall or back wall, players then run as fast as they can to the line shouted, touch it and then return back to their original place as quickly as possible.

### Equipment

Markers

### Objective

To try and touch the correctly marked area as quickly as possible. Working on getting the players using their brains and speed together.

### Progressions

#### EASIEST

Front wall / back wall shouts only.

#### HARDER

Opposite of what the teacher says. Throw them off by pointing another way!

#### HARDEST

Add in all the other lines and why not add in some of your own? Fast feet / Star Jumps / God crazy!



You Tube



Listen and take in the information in a relaxed way then spring into action!

# Front & Back Wall

WU

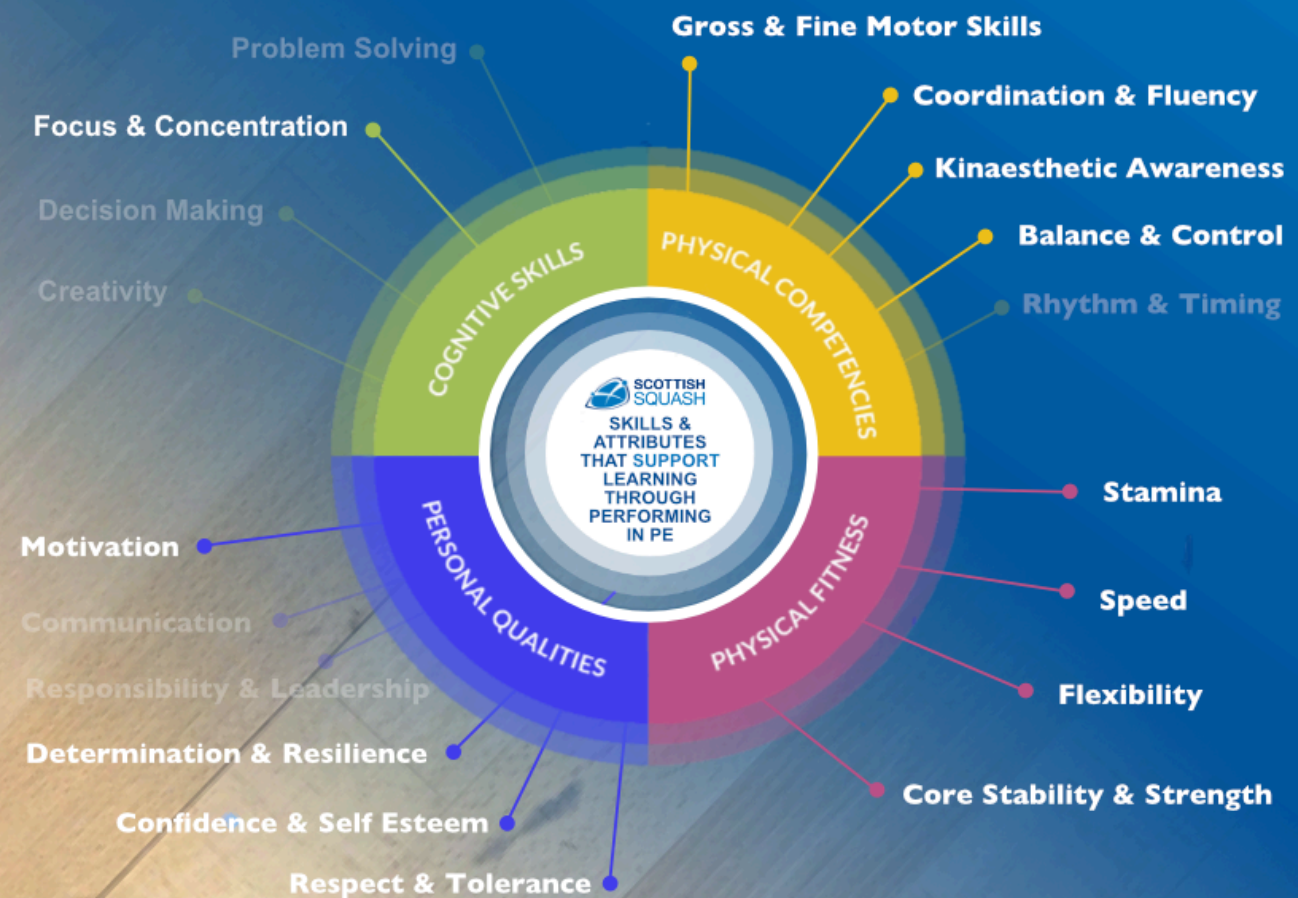
## WARM UP

### Learning Intentions:

The players are learning to think and react to instructions. They will build important multitasking skills as well as an important understanding of the court lines and how to warm up both mentally and physically through speed work.

### Success Criteria:

Players will have to be focussed and ready in an athletic position as well as using the ability to adapt to instructions that may throw them off of their usual rhythm.





# The Pro Warm Up

WU

## WARM UP

### Description

- 10 court lengths of jogging (slow)
- 4 lengths of side step and dip (basically squat every side step)
- 10 court lengths of jogging (faster)
- 4 court lengths of walking lunges & twist (lunge out and rotate your torso over your leading leg then change legs).
- 5 court lengths of fast feet & sprints (short quick steps for 2 meters then a sprint to the front/back wall)
- 2 lengths of arm rotations.

### Equipment

Markers

### Objective

To prepare the body for activity in a similar fashion to how the professional squash players prepare for their matches.



You Tube



Try and positively visualise the match you are about to play. Start positive!

# The Pro Warm Up

WU

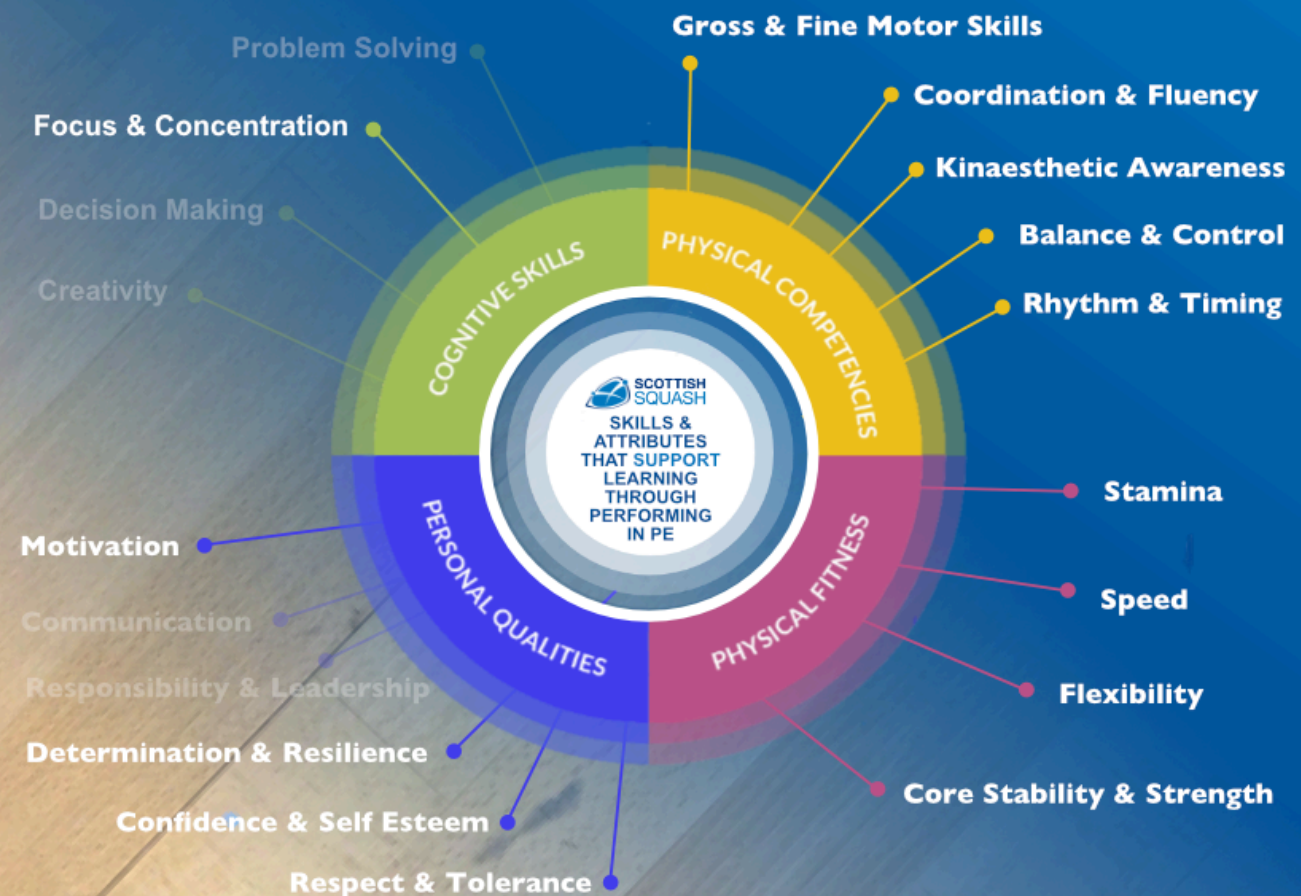
## WARM UP

### Learning Intentions:

Here players are learning to warm up like the professionals. They're learning to activate and engage the different muscle groups required in order to perform at the optimum level in squash.

### Success Criteria:

Players should try their best with every exercise thrown at them here. Some movements might be hard and unstable at first but through concentration and focus they will get much better.





## MOVEMENT

# MOVEMENT

## MOVEMENT

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7	BALL CHASE
8	BOMBS AWAY
9	6 POINT STAR
10	RECOVER BALL



# Mirror Mirror

## MOVEMENT

### Description

Players face one another. One player is the lead and the other has to mirror every movement the lead player. Working purely side to side with the lead player trying to wrong foot the mirroring player.

### Equipment

Cones/Markers

### Objective

The exercise challenges players ability to focus and move quickly in a lateral fashion.

### Progressions

#### EASIEST

Smaller area between cones. Simple side to side movements.

#### HARDER

Increase the space between the cones.

#### HARDEST

Introduces the '180' shout. The lead can now shout '180' at which point both players have to spin 180 degrees and then back again.



YouTube

Use head fakes and changes of pace to wrong foot your partner!



# Mirror Mirror

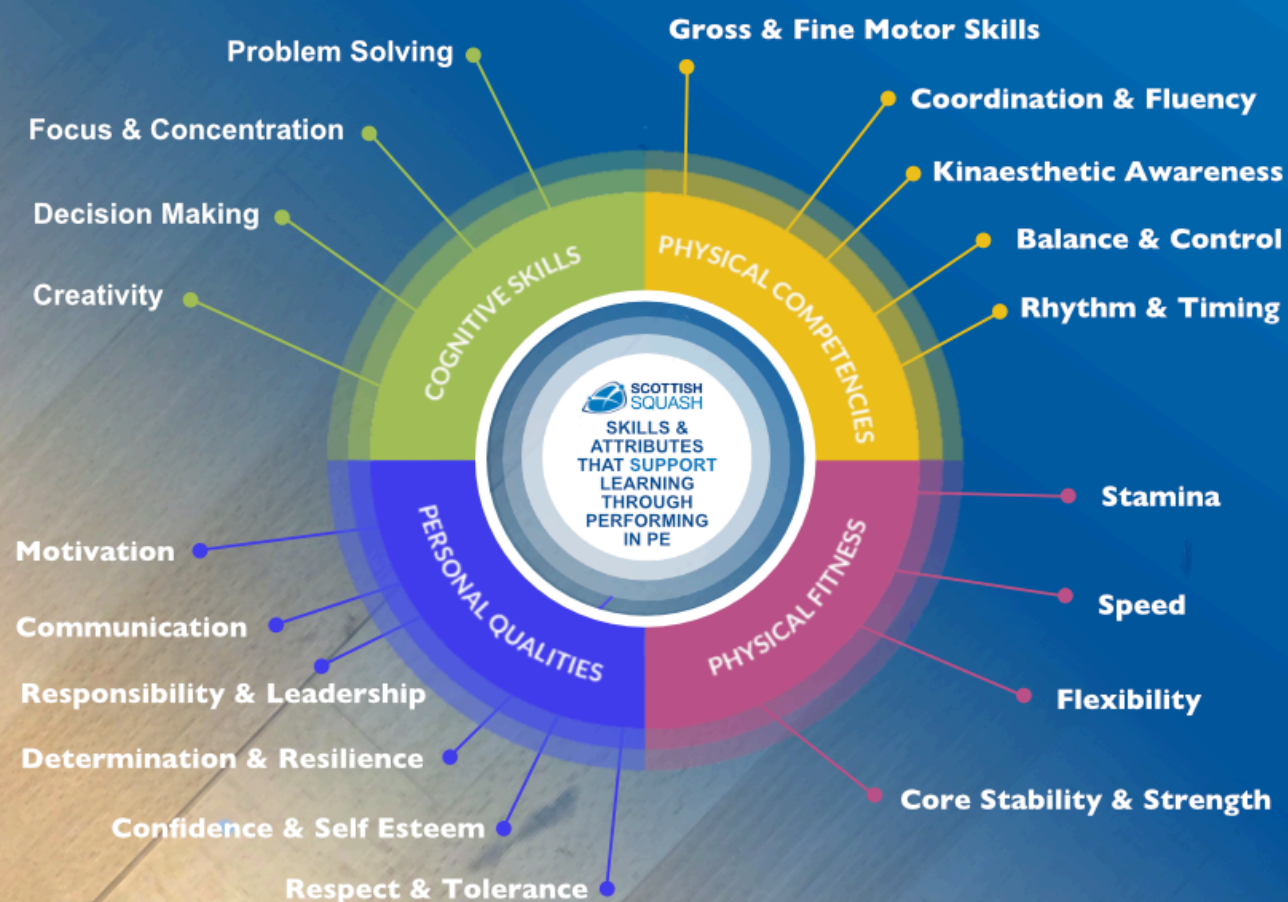
## MOVEMENT

### Learning Intentions:

This game is to develop player reaction times relative to their footwork. Developing a wide stance and moving laterally is the key to successful mis court movement in squash and that's exactly what this is working on.

### Success Criteria:

Stay focussed n your movements in order to give yourself plenty of time to react. Have a wide base and make shorter, sharper movements. try not to cross your feet, it'll only slow you down!





# Ball Chase

MO

## MOVEMENT

### Description

Players working in pairs standing one in front of the other. Player 1 in front stands in a ready position, legs wide open. Player 2 rolls the ball(s) through player 1's legs who then has to chase after the balls, collect them and return them to player 1 as quickly as possible.

3-5 each times than swap.

### Equipment

Balls / Markers

### Objective

Collect the balls as quickly as possible and return them to the 'roller'.

### Progressions

#### EASIEST

Retrieve just one ball.

#### HARDER

Retrieve two balls.

#### HARDEST

Name the balls. The roller then names the order in which the balls need to be collected.



You Tube



Keep on your toes when in the ready position. Get ready to spring off as soon as you see the ball

# Ball Chase

MO

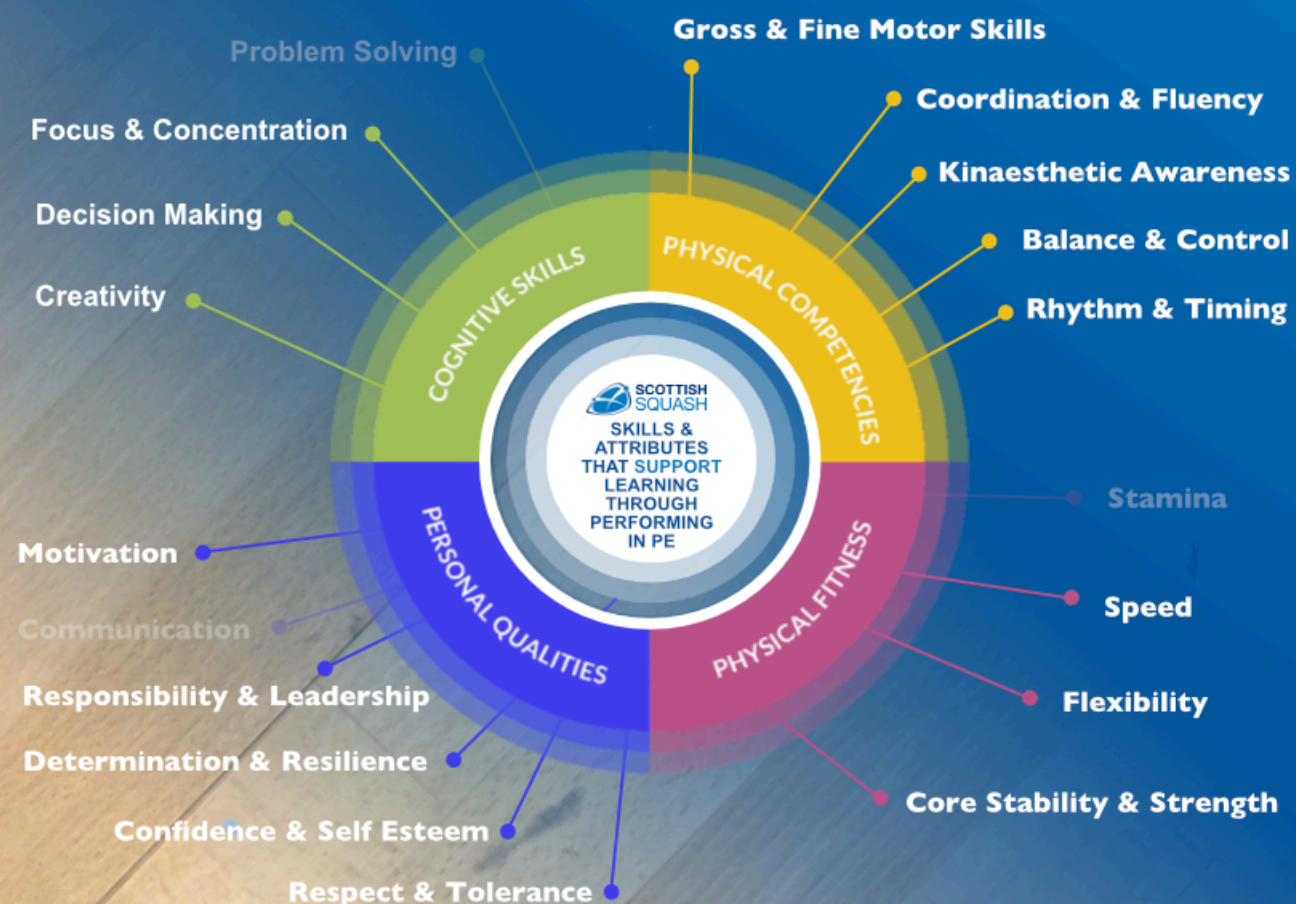
## MOVEMENT

### Learning Intentions:

The players are learning the necessary physical actions in order to move quickly onto the ball. This whilst remaining balanced and composed as they collect the ball and return it.

### Success Criteria:

Staying very focussed and reacting / moving as soon as the ball comes into view. Lunging and staying balanced in order to get down to the ball then using the legs and not the back to recover it as quickly as possible.





# Bombs Away

MO

## MOVEMENT

### Description

Players work in pairs. Standing facing each other, player 1 has one ball in each hand. Player 2 (catcher) stands facing their partner ready to catch the ball. Player 1 holding the ball(s) drops or throws either one of the balls for the catcher to catch before it hits the ground or bounces twice (depending on progression).

### Equipment

Balls

### Objective

React and move quickly.  
Catch the ball before it bounces (or bounces twice)

### Progressions

#### EASIEST

Standing close. Get the ball before the 2nd bounce.

#### HARDER

Take a step back. try catch it before it hits the ground.

#### HARDEST

Start using 'fakes' to throw off your partner. Try and get 5 catches in a row.



You Tube

Have your hands up in a ready position to make it easier to grab the ball early!



# Bombs Away

MO

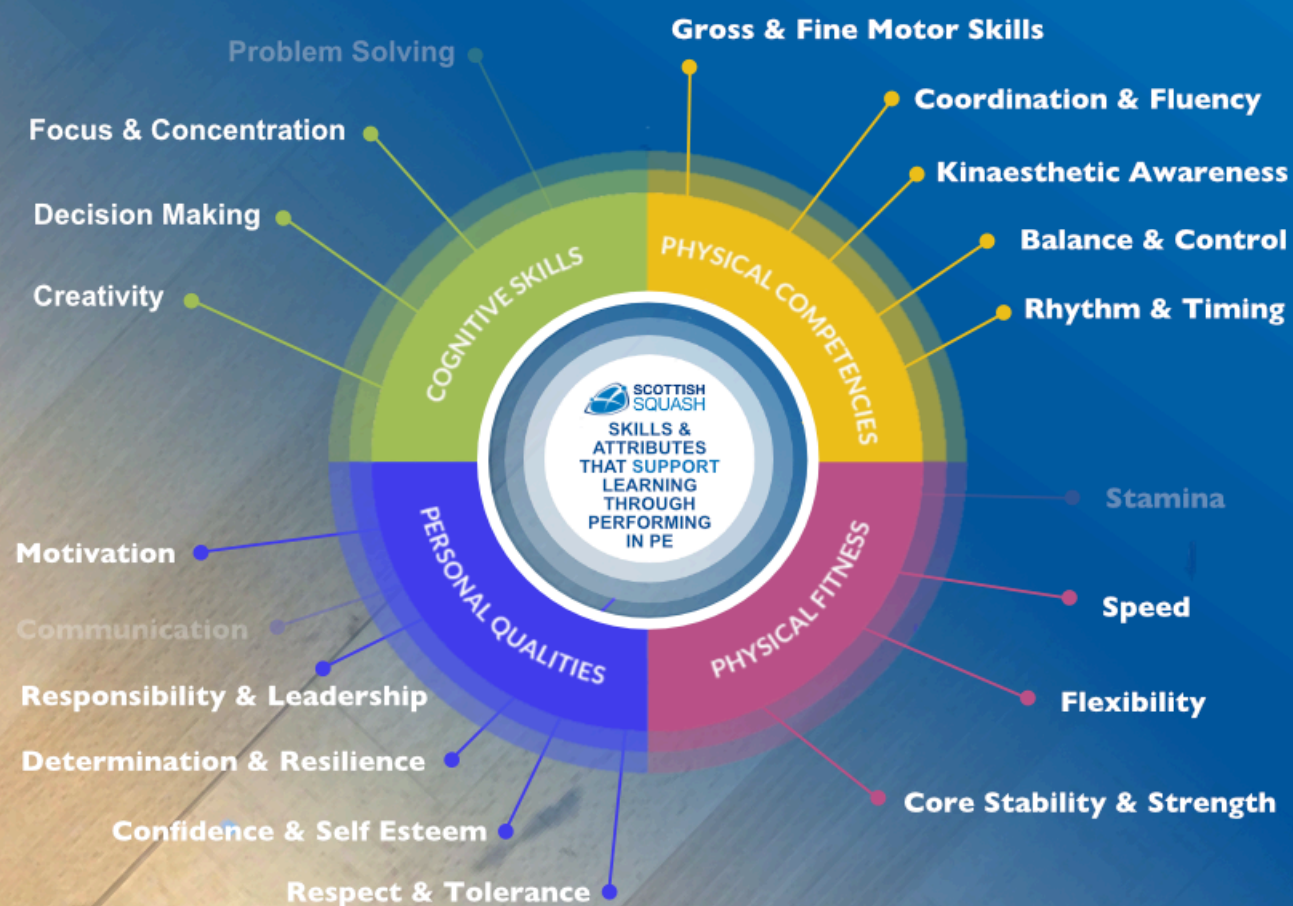
## MOVEMENT

### Learning Intentions:

The players are learning the necessary hand eye coordination required to play squash and how to move appropriate in reaction to the ball moving. Staying relaxed and focused whilst tracking the ball is a key part of any racket sport.

### Success Criteria:

The catcher should create a nice wide base so that they can spring off into a deep, controlled, balanced lunge in order to catch the ball with ease.





# 6 Point Star

MO

## MOVEMENT

### Description

Mark out a central zone and 4/6(ideal) /8/10 points. Players start at the central zone and move out to their point then back again to the starting central point. Once back, player then (in sync) shift one spot clockwise. This continues until everyone end up in their original position.

### Equipment

Markers

### Objective

To develop movement with awareness in short bursts of fast paced movements.

## Progressions

### VERSION 1

Players go out to their point and back one at a time. Once the whole team has completed this the whole team shifts one spot clockwise.

### VERSION 2

Players all move at the same time. Once back in the central zone the wait for the teacher to yell 'rotate' then 'go' at which point everyone shifts round clockwise and goes to the next point in the star.



YouTube



Get into a low ready position instead of being too upright. Stay switched on and aware!

# 6 Point Star

MO

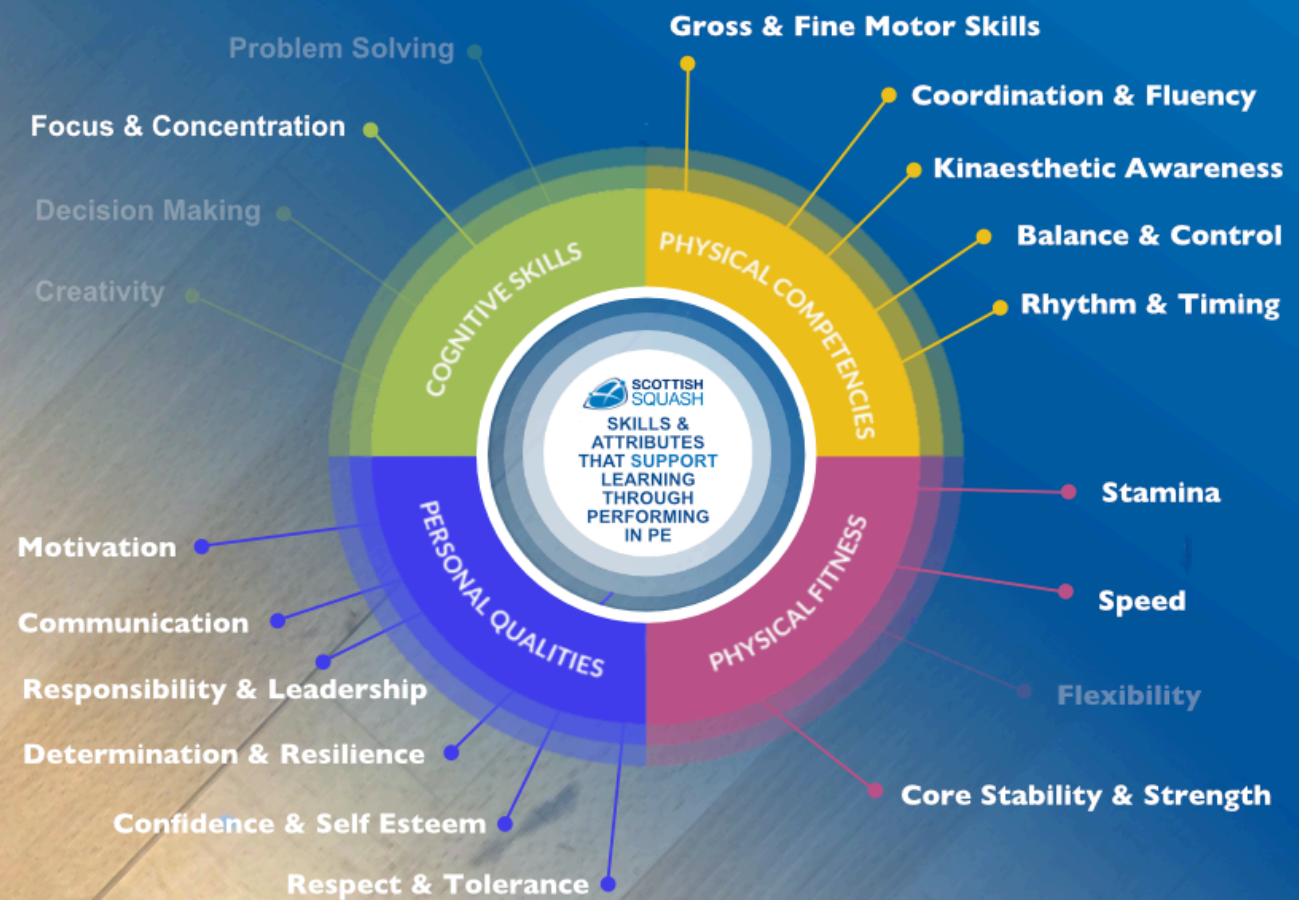
## MOVEMENT

### Learning Intentions:

The players are learning to move with speed and awareness. Learning to keep concentration so they know when and where to set off to in order to be swift and synchronised.

### Success Criteria:

Focus on the whole group and don't let your mind wander as before you know it it will be your turn to move! Be precise with your footwork on the way back so that you don't bang into anyone.





# Recover Ball

## MOVEMENT

### Description

Players work in pairs. Mark out a fairly large court, in the centre a small square area that will be called the 'T'. Players start inside the small 'T' space. One player starts by throwing the ball against the wall somewhere in the court to move the other player out of the 'T' to collect it. The player that collects it has to then throw the ball against the wall to move the other player out of the 'T'. Both players have to try and spend as long as possible inside the 'T' so speed is the key!

### Equipment

Balls & Markers.

### Objective

Here we are developing specific squash recovery movement to the central position.

### Progressions

#### EASIEST

One slow ball

#### HARDER

One squash ball

#### HARDEST

2 balls!



You Tube



Keep moving when on the 'T' so that you can set off just that wee bit quicker!

# Recover Ball

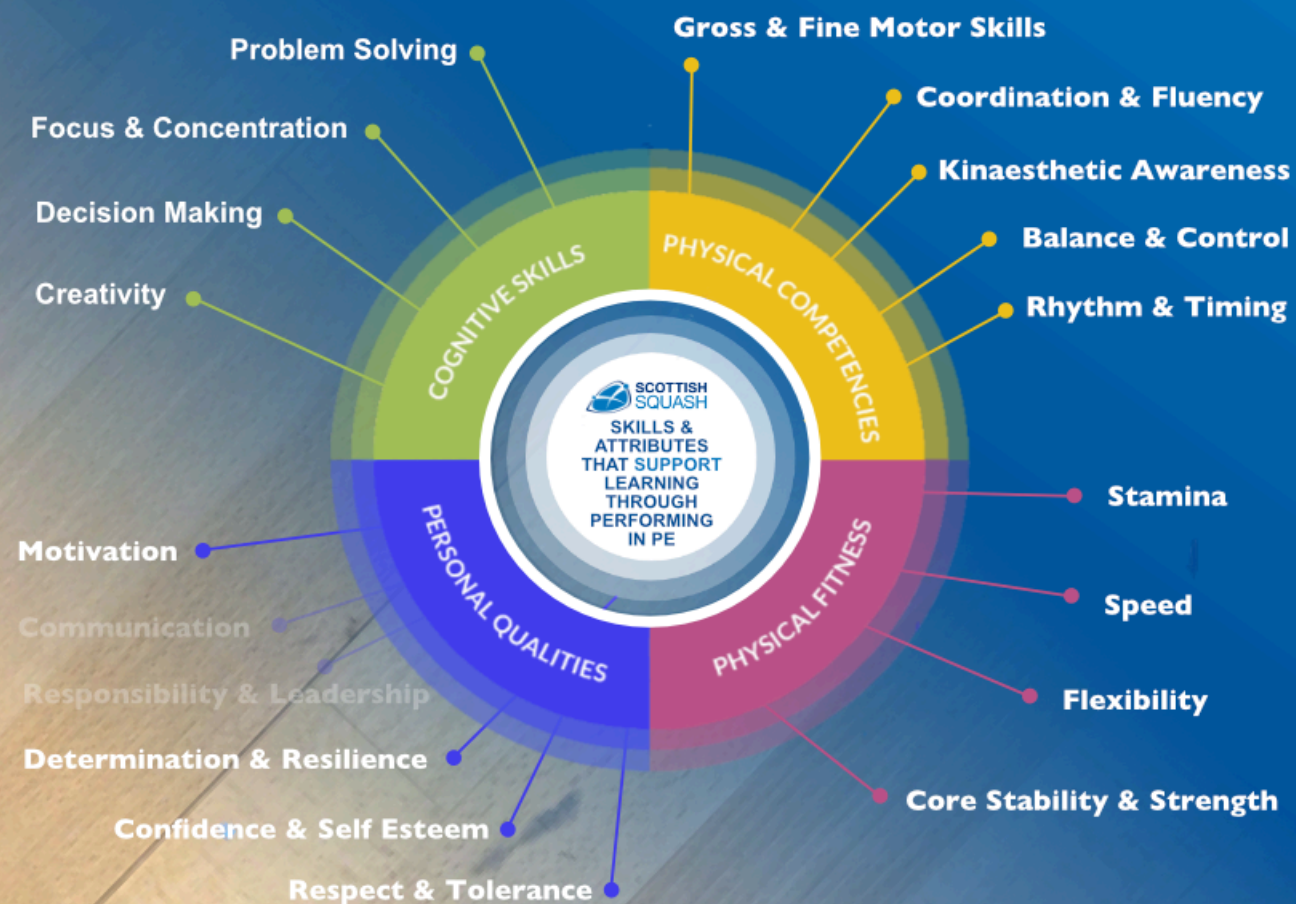
## MOVEMENT

### Learning Intentions:

The players are learning to recover quickly to a central position. This is very important movement and mentality to have in squash so developing it early is the key to effective movement in squash.

### Success Criteria:

Players should use quick foot work to set off and lunge in order to get low to the ball and recover quickly.





## BALL SKILLS

# BALL SKILLS

## BALL SKILLS

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# Ball Reaction

BS

## BALL SKILLS

### Description

Facing a blank piece of wall. Players are going to throw the ball against the wall and catch the ball before it bounces twice.

### Equipment

Balls, Rackets

### Objective

This exercise is designed to improve players reaction time as well as to familiarise them with a squash ball and how it feels and bounces against a wall.

### Progressions

#### EASIEST

Throwing the ball with one hand off of the wall and catch it with the other.

#### HARDER

Side by side in a pair. throwing the ball off of the wall to your partner.

#### HARDEST

1 player faces the wall the other behind, throwing the ball to be caught with quick reactions!



YouTube

Measure your throws. Be more precise about how and where you throw the ball!

# Ball Reaction

BS

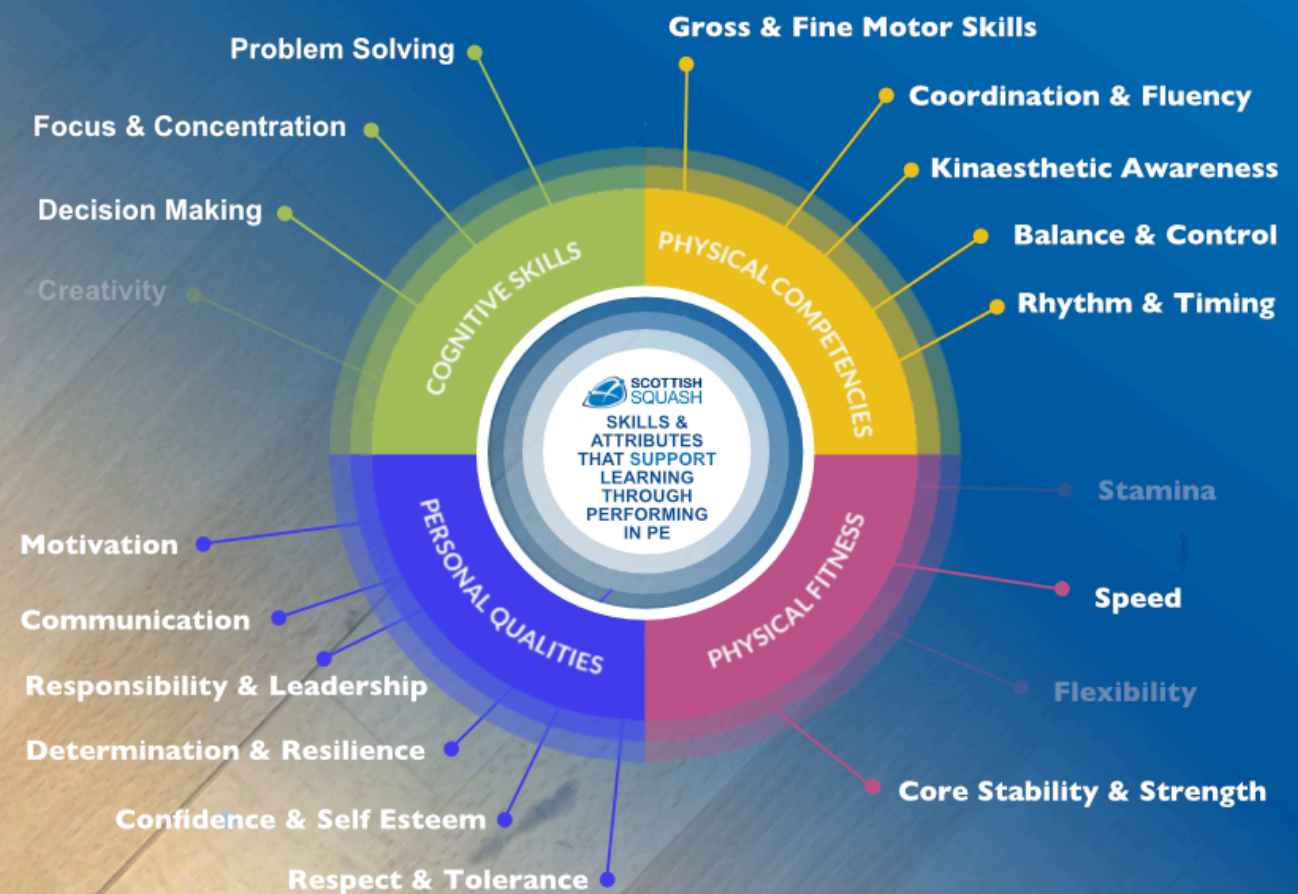
## BALL SKILLS

### Learning Intentions:

This section is about learning the different ways the ball bounces off of the wall. Learning the anticipation and reaction required in order to reach the ball before it bounces twice (or at all).

### Success Criteria:

The players should keep focussing throughout. Hands up to make it easier to grab a ball. Wide stance in order to transfer weight quicker whilst still maintaining balance.





# Multi Ball

BS

## BALL SKILLS

### Description

In 3's 2 players stand around 3 meters apart. 1 player in the centre of the two and approximately 1.5 meters in front to create a triangle. The two players have 1 ball each. One at a time they roll the ball either side of the working player that has a racket. The working player then needs to trap the ball with the racket then roll it back to the player that rolled it.

### Equipment

Balls, Rackets & Markers

### Objective

Develop hand eye coordination with a racket as well as lateral movement.

### Progressions

#### EASIEST

Start with a slow foam ball and the 'rollers' fairly close together.

#### HARDEST

Decrease the size of the ball and increase the distance between feeders.



You Tube



Try and use side stepping rather than running straight!

# Multi Ball

BS

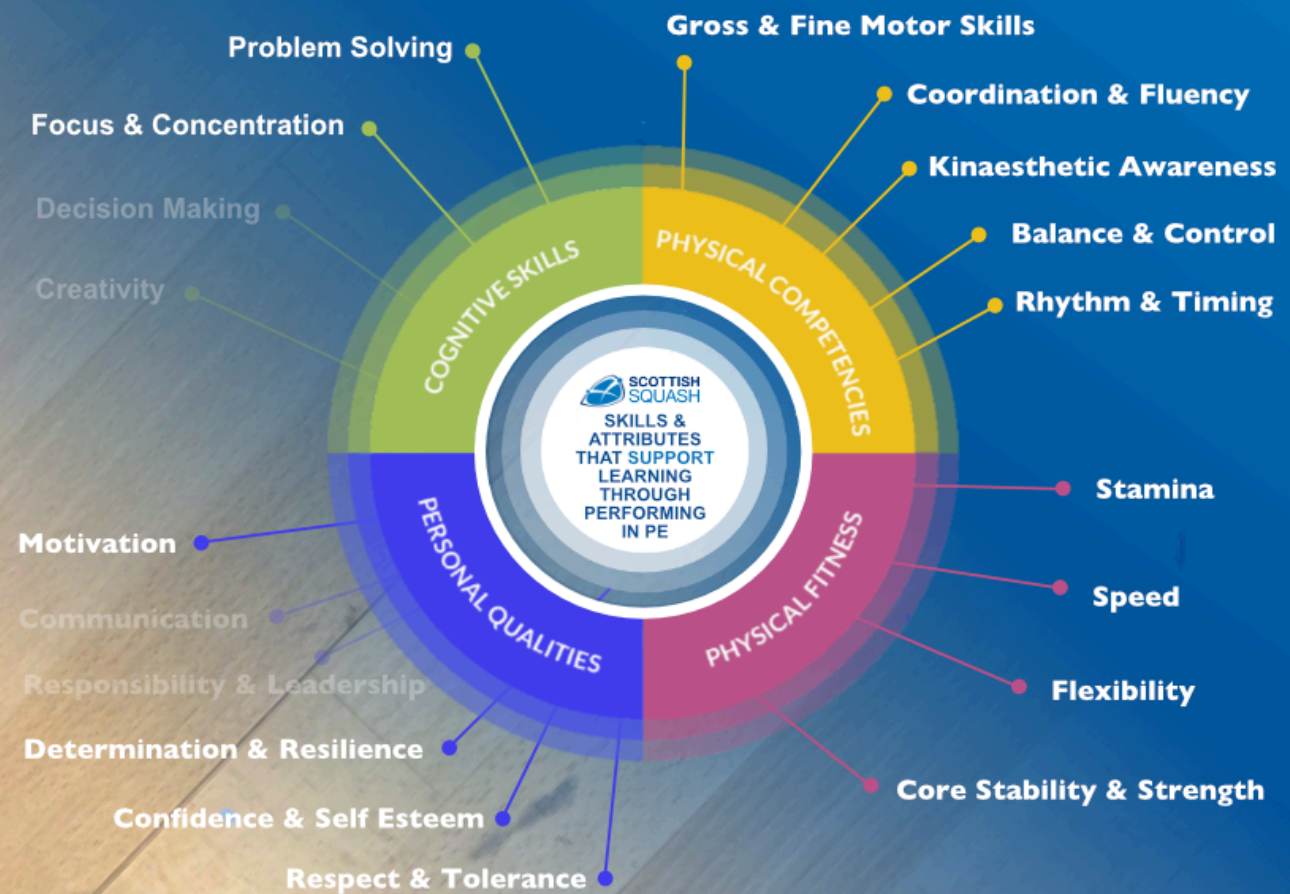
## BALL SKILLS

### Learning Intentions:

Players here are learning to control the racket and their movement simultaneously. Using low lateral movement in order to capture the ball.

### Success Criteria:

In order to perform this task well players will need to stay low and have their rackets fairly low and flat as they move. Controlling the roll back in order to be accurate and safe.





# Serve Cones

BS

## BALL SKILLS

### Description

Working individually. Players mark out an area of the court roughly 2x2 feet & around 2/3 meters away from the wall. The players then stand around 1/2 meters from the wall and around 2 meters away from the target. The aim is to get the ball to bounce off of the wall and into the marked out area on the first bounce.

### Equipment

Balls, Rackets & Markers

### Objective

To develop the necessary hand eye co-ordination and swing in order to serve against the wall with control.

### Progressions

#### EASIEST

Throw the ball against the wall to start.

#### HARDER

Using a racket to hit the ball off of the wall towards the target using a foam ball.

#### HARDEST

Try using a squash ball.



YouTube

Don't throw the ball too high to start. Just gently push the ball up for easier connection!



# Serve Cones

BS

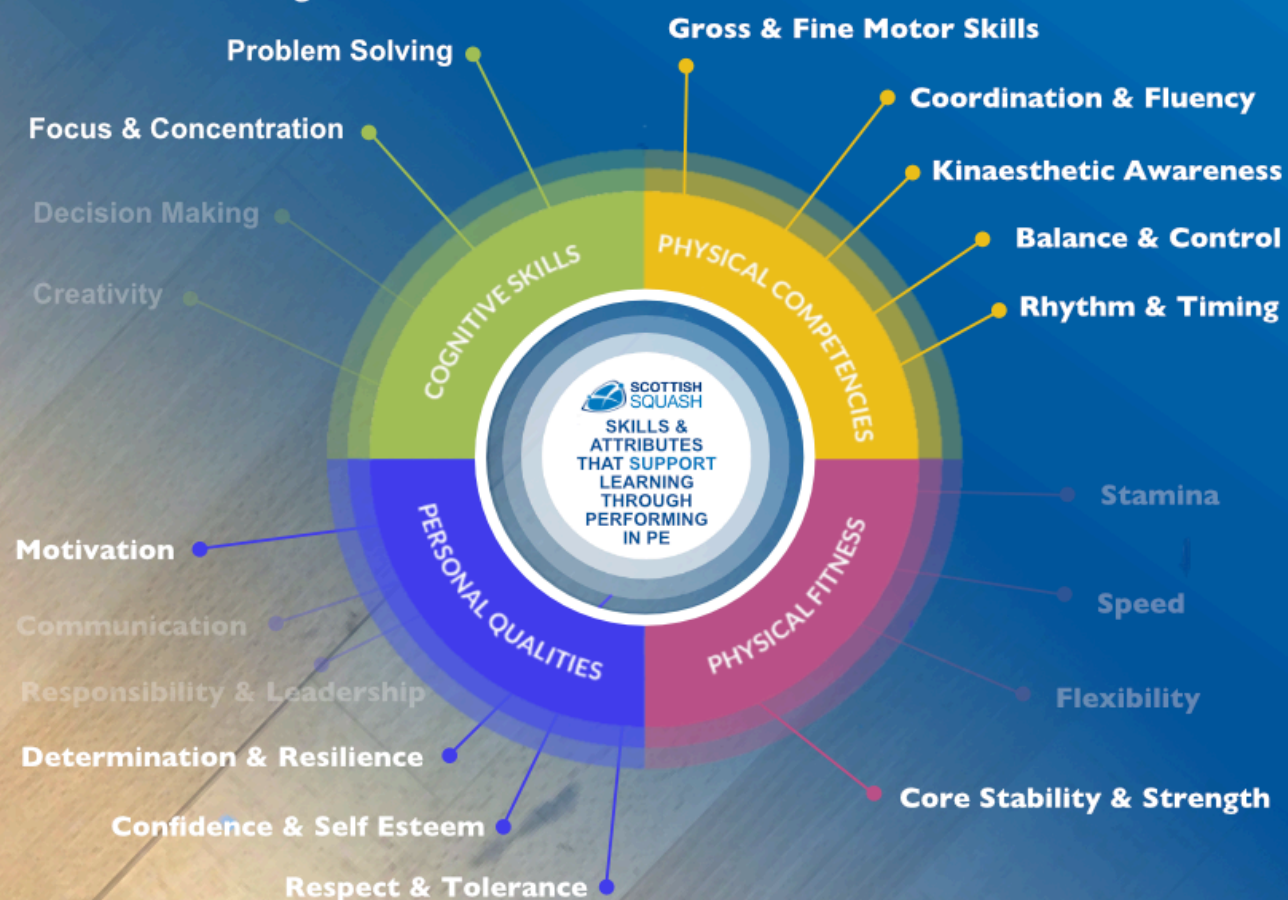
## BALL SKILLS

### Learning Intentions:

Players here are learning to use the correct weight of shot in order to get the ball to land in the designated area. Control of the swing as well as developing an understanding for the ready position and stance that should be adopted.

### Success Criteria:

Players should always start side on to the wall. Never facing it front on. This will allow for better shoulder rotation and swing direction. Racket up to start, ball on the palm of your hand which should be out in front when hitting the ball with the racket.





# Two Down

BS

## BALL SKILLS

### Description

Working individually continuously keep the ball off of the floor. The aim is to be able to walk around and perform each progressive variation as they are called out.

### Equipment

Balls, Rackets

### Objective

Improve movement and ball control.

### Progressions

#### EASIEST

Just bouncing one ball on the ground.

#### HARDER

Bouncing the ball on the ground then volleying it upwards, repeat.

#### HARDEST

Bouncing the ball on the ground or volleying & trying to sit down!



You Tube



Keep control of the grip & racket head. Otherwise the ball will go everywhere!

# Two Down

BS

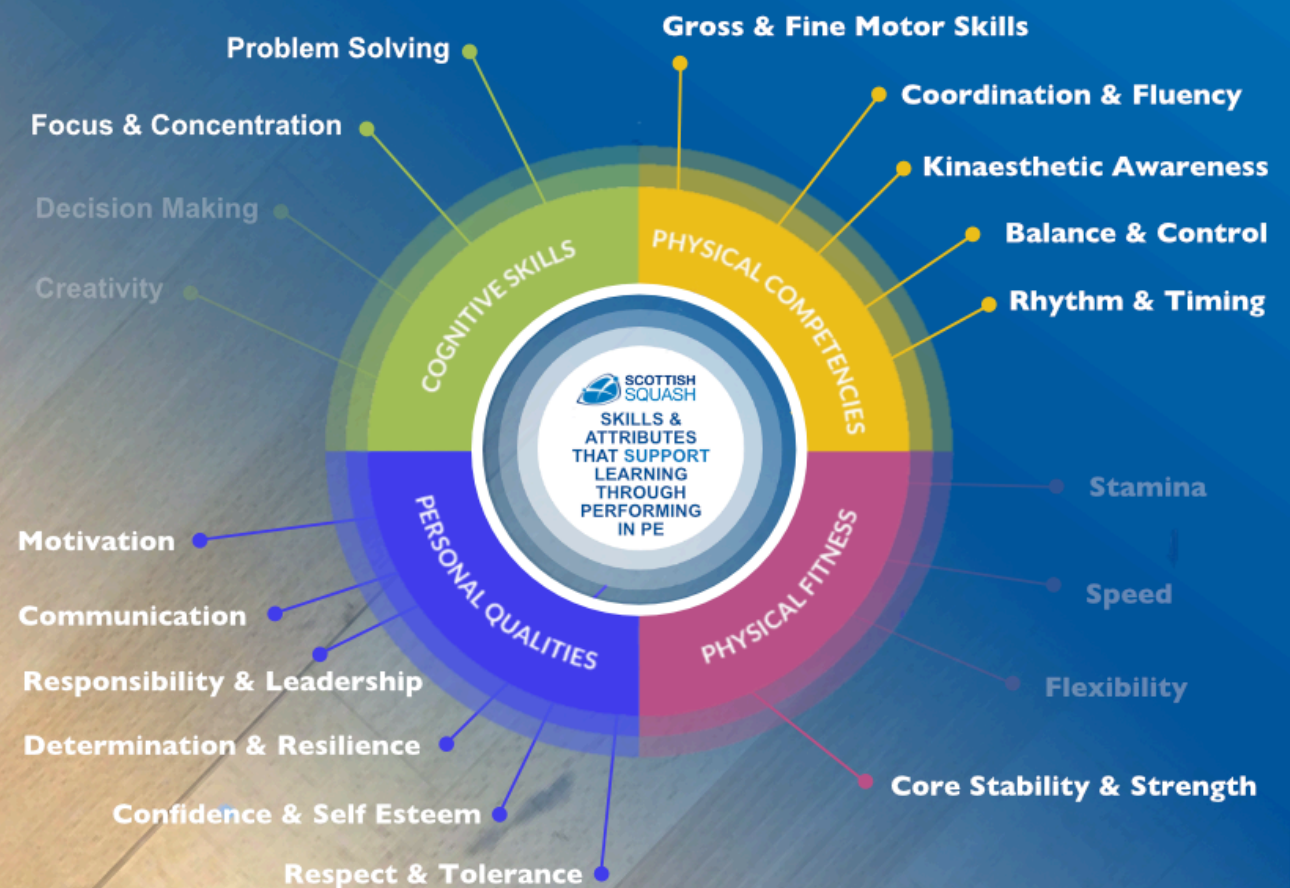
## BALL SKILLS

### Learning Intentions:

The players are learning to control the ball using the correct weight of swing and angle of the racket face as they come down on the ball.

### Success Criteria:

The players need to stay focussed and adapt their racket head accordingly to each bounce. Learning from their previous hits is the key to performing this skill successfully and continuously.





# Space Invaders

BS

## BALL SKILLS

### Description

Players work in pairs using the court or designated marked out area. Player 1 is operating in a channel running from either side of the court nearest the wall, with player 2 then operating in a channel further back. Players have to throw the ball off of the wall and into the other players channel. If the ball bounces twice the opposing player wins a point. All throws must be under arm.

### Equipment

Balls, Rackets & Markers

### Objective

Improve movement and ball control.

### Progressions

#### EASIEST

Players have a small area to throw the ball into, aka. not much movement.

#### HARDER

Expand the court. Throw from where you caught the ball

#### HARDEST

Try and do it on the volley! Or even try it with racket!



You Tube



Keep on your toes when in the ready position. Don't be caught flat footed!

# Space Invaders

BS

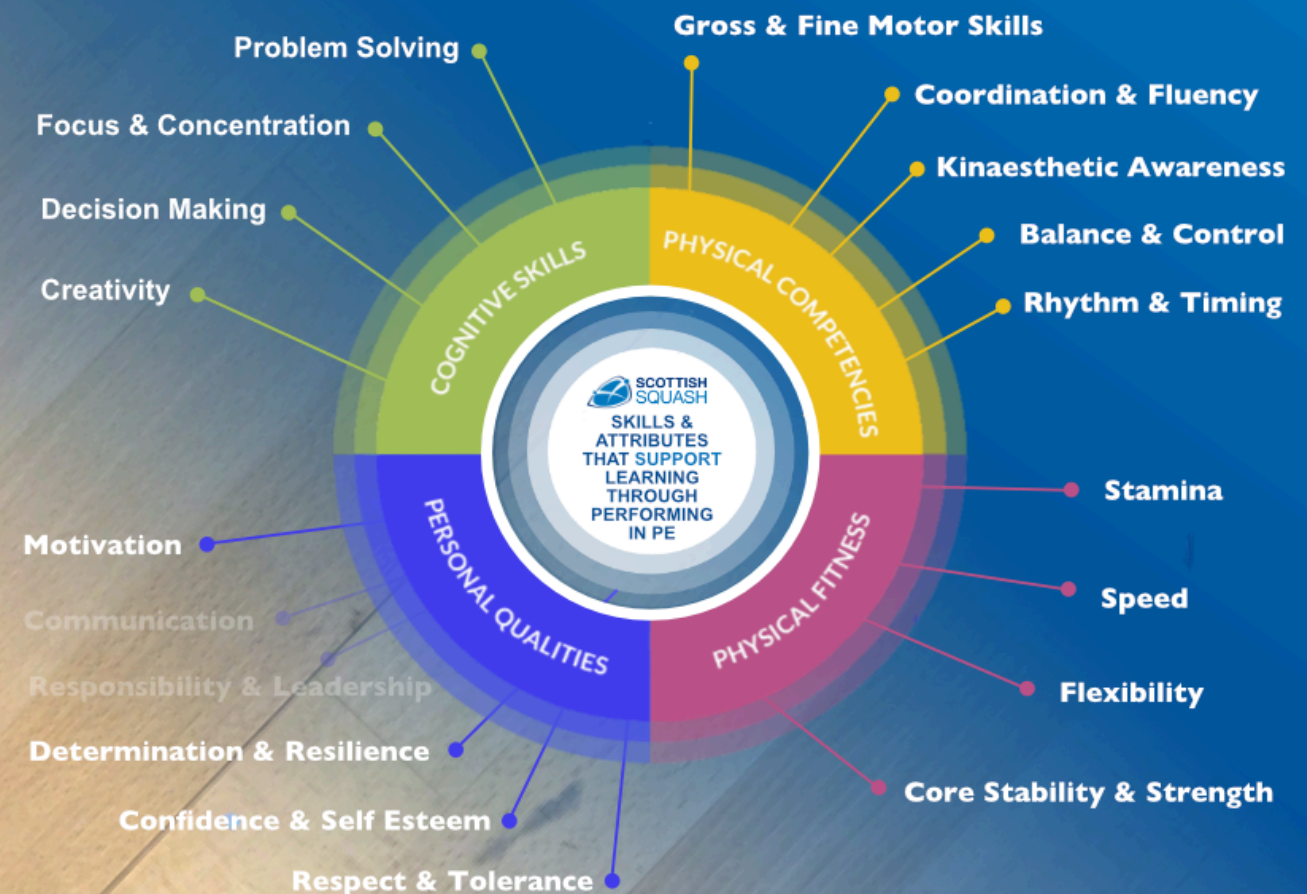
## BALL SKILLS

### Learning Intentions:

Players here are learning to move and react to where the ball will bounce. Tracking the ball and where it will land in order to move quickly and effectively. Also giving them the tools to learn about basic squash strategy in terms of where to put the ball to make your opponent move.

### Success Criteria:

Players should keep focussing on where they move to in order to make the next ball they retrieve and throw easier. Angle and weight of throw are also crucial to success.





# How to grip your racket...

Step 1 - Hold the racket in your non playing hand

Step 2 - Straighten out your playing hand and fingers.

Step 3 - Rest the racket grip on the crease between your fingers and the palm of your hand.

Step 4 - Close your pinky, ring and middle fingers around the racket together.

Step 5 - Close your thumb around the racket, resting just above your middle finger.

Step 6 - Finish by closing the index finger around the racket by sitting it further up the handle.



You Tube

Scan here for our short  
GRIP tutorial...



# How to grip your racket...



You Tube

Scan here for our short  
GRIP tutorial...





# RACKET SKILLS

<u>PAGE</u>	<u>ACTIVITY</u>
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16	RACKET NINJA
17	SOME TEKKERS
18	SPIN MASTER
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20	TARGET SMASH



# Racket Ninja

RS

## RACKET SKILLS

### Description

With just the racket perform a series of balance exercises. Balancing the racket on different parts of the hand and in different ways. Count how many times you can touch the ground and then stand up with each progression.

### Equipment

Rackets & Cones.

### Objective

Gain a better understanding of the weight of the racket relative to your body.

### Progressions

#### EASIEST

Balance the racket horizontally on the palm of your hand. Fingers straight, then on the back of the hand touching the ground with the opposite hand.

#### HARDER

Same, but balance the bottom of the racket on the palm of your hand.

#### HARDEST

Try both of these variations with walking!



You Tube



Keep your hand level with the floor. If the racket starts to drop make sure to reposition it slightly different for next time!

# Racket Ninja

RS

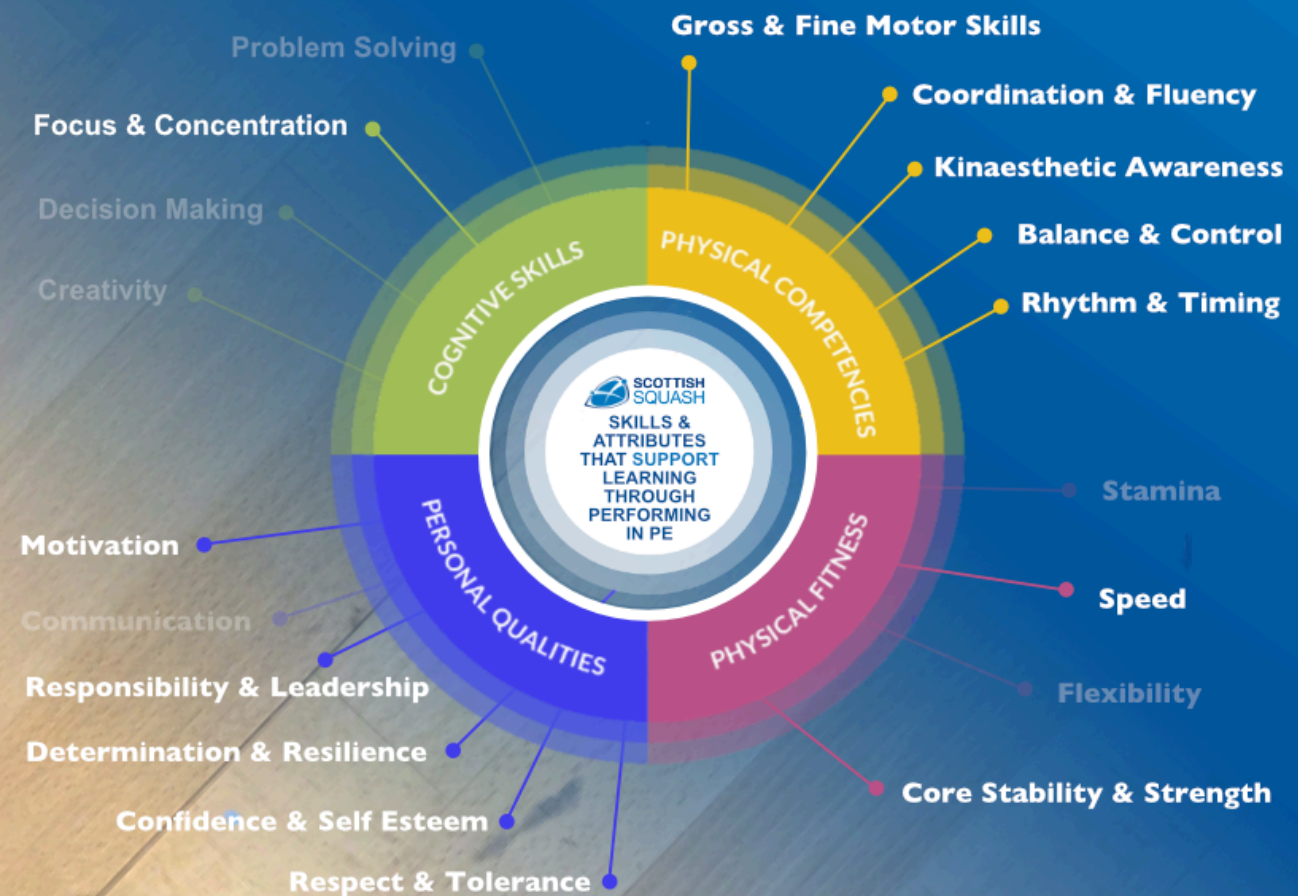
## RACKET SKILLS

### Learning Intentions:

Here players are learning to control the racket with their hands and body.

### Success Criteria:

Concentrate on the racket and make small adjustments initially move smoothly and with balance. No harsh movements.





# Some Tekkers

RS

## RACKET SKILLS

### Description

Perform a series of moves that challenges your hand eye coordination as well as reaction time

### Equipment

Rackets & Cones.

### Objective

Gain a better understanding for the weight and shape of the racket relative to your body.

### Progressions

#### EASIEST

Holding the racket with two hands. Opposite ends & straight arms. Drop the racket & catch it just before it hits the ground.

#### HARDER

Catch it with one hand so you have to reach across.

#### HARDEST

Try balancing the racket on your foot (racket head on the foot) then flick it up and catch it handle first!



You Tube



Concentrate on precise hand placement when reaching across to grab the racket!

# Some Tekkers

RS

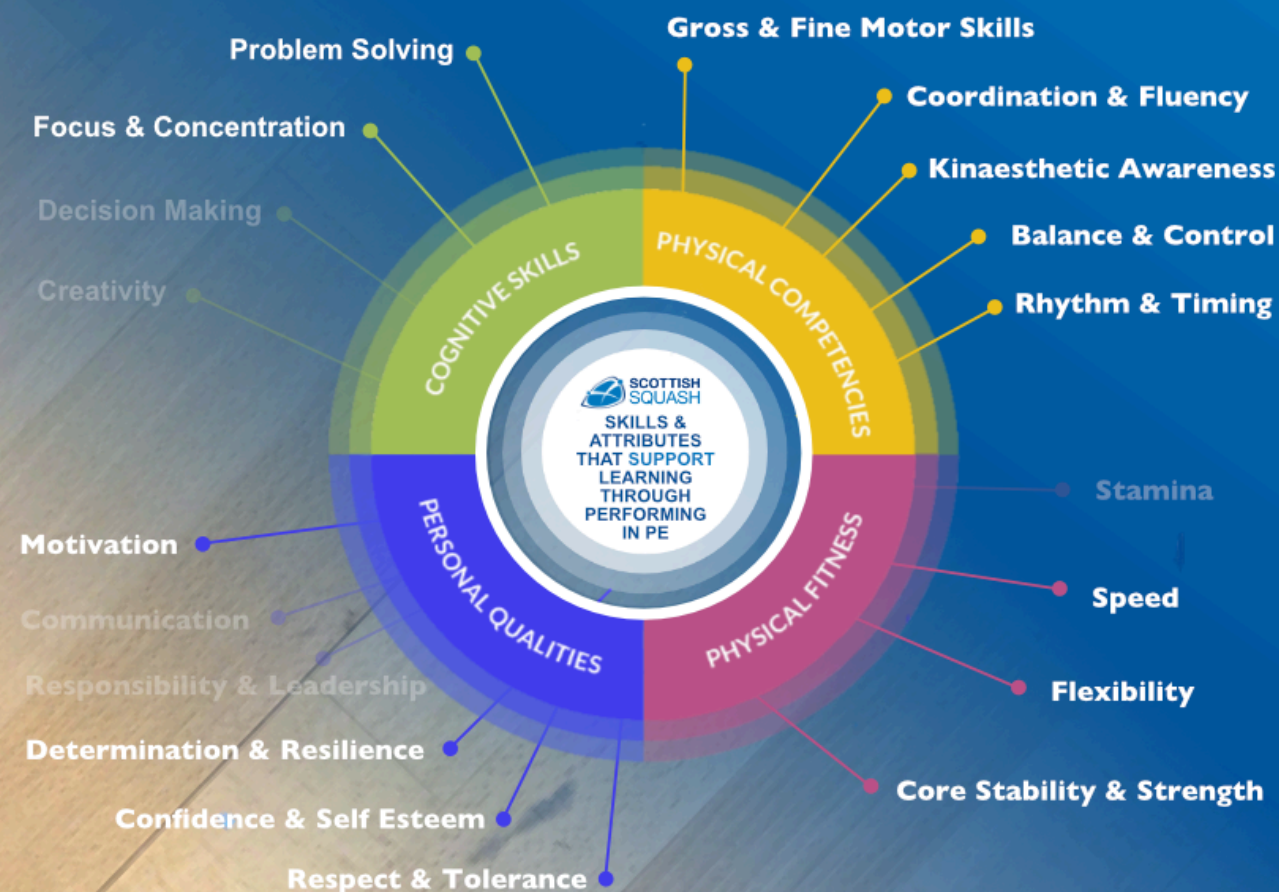
## RACKET SKILLS

### Learning Intentions:

Here we are learning to control the racket with our hands and body as well as develop our reaction time.

### Success Criteria:

Concentrate on the racket and move quickly into position to catch with precision.





# Spin Master

RS

## RACKET SKILLS

### Description

Find a space arm and racket length from other players in the hall/court. Run through the various progressions.

### Equipment

Rackets & Cones.

### Objective

To gain a better understanding of the weight of the racket and how it moves in different ways within your hand.

### Progressions

#### EASIEST

Spinning the racket in your hand then throwing it to your other hand.

#### HARDER

Now pass it around the body, still spinning. Once comfortable go through the legs

#### HARDEST

Lay 4 cones in a small square. In pairs or 3's balance the racket on it's head in the middle of the square and walk around. If this is too easy try spinning the racket!



You Tube



Don't grip the racket too tight when turning it. Try and keep the grip nice and loose!

# Spin Master

RS

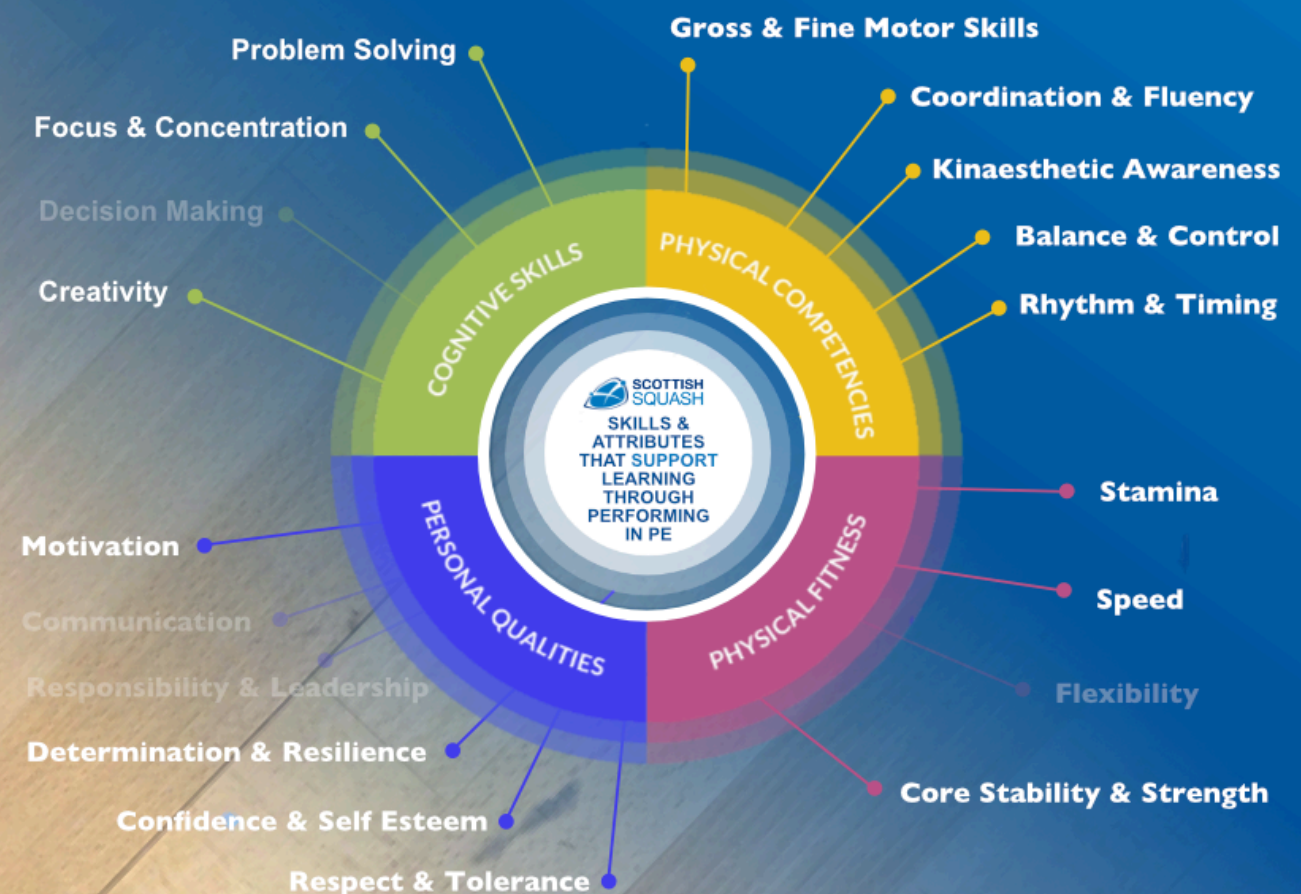
## RACKET SKILLS

### Learning Intentions:

Here the players are learning to control the racket within their hand. Grip adjustment is a big part of squash, so developing the ability to turn and adjust your grip accordingly with control is a strong learning curve for young players.

### Success Criteria:

Using their fingers and wrist together instead of one or the other is key here. As always starting slowly and building rhythm is the key to success here.





# Racket Relay

## RACKET SKILLS

### Description

The aim is to get all the team members to complete the activity one at a time. On the command 'Go' the first in line goes from the start line to the wall & back completing the action before passing it on to the next person. First team to complete the challenge in order then sits down wins.

### Equipment

Rackets, Balls & Cones.

### Objective

Work as a team to travel to the front wall and back in sequence before the other team.

### Progressions

#### EASIEST

Have players carry the ball with no racket.

#### HARDER

Balance/Bounce the ball on the racket.

#### HARDEST

Have the players sit down and stand back up at a designated point in the journey.



YouTube



Keep your elbow tucked in and always try to make sure the ball stay in the centre of the racket.!

# Racket Relay

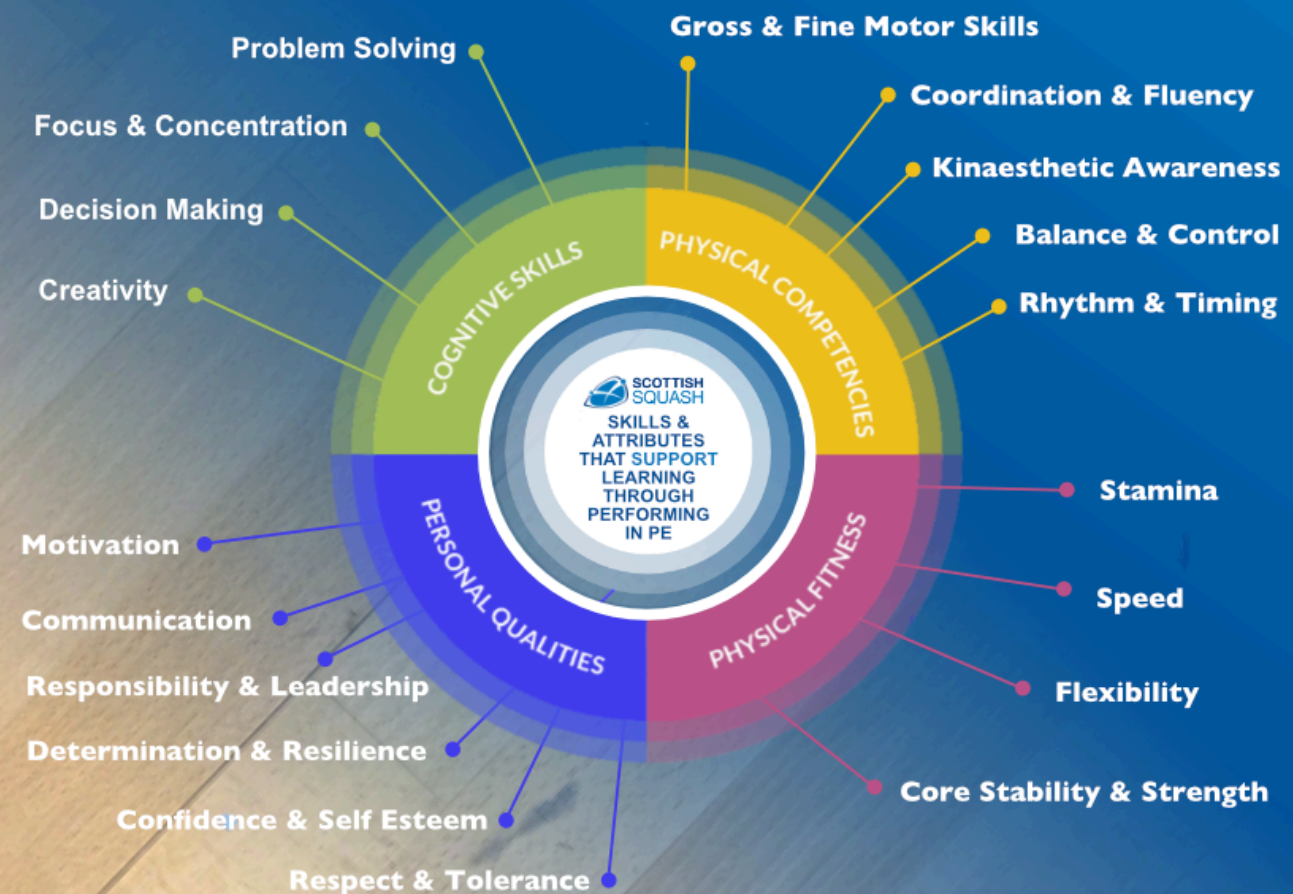
## RACKET SKILLS

### Learning Intentions:

The players are learning how to stay focussed and controlled with the racket and the ball whilst in a competitive environment.

### Success Criteria:

Keep the racket straight and steady when balancing the ball. Moving quickly and smoothly whilst concentrating on how the ball reacts to your movement.





# Target Smash

RS

## RACKET SKILLS

### Description

Players are side by side approx 1-2 meters apart facing the wall. Each player has 3 cones on their side. Play starts with a simple drop shot off of the wall and trying to hit the other players targets. Once (if) you hit the other players targets you have to add a cone to your side. The aim is to finish with as many cones on your side as possible

### Equipment

Rackets, Balls & Cones.

### Objective

To get the body into position and control the contact point in order to directly towards the targets laid out.

### Progressions

#### EASIEST

Just throwing the ball. Let it bounce, then throw again.

#### HARDER

With hands or rackets. Players now hit the ball after 1 bounce.

#### HARDEST

players can now volley!



You Tube

Constantly adjust in your size of swing in order to get closer to the targets!



# Target Smash

RS

## RACKET SKILLS

### Learning Intentions:

The players are learning to throw and swing with control, based on where the other players targets are. We are looking for them to demonstrate active movement and different 'weights' of shot.

### Success Criteria:

Controlling how fast the racket (and arm) move in order to get the correct weight of shot. Angle is also key here so the players will need to apply some physics in order to get the correct weight required to hit the target.





## GAMES

## GAMES

## GAMES

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# Super Squash

GA

## Games

## THE BUILD

### Description

- \* Create 4/5 buildings out of the cardboard. Draw windows, etc on the buildings for full effect!
- \* Wrap the tins / cups in paper and draw 'bad guy' faces on them.
- \* Blow up balloons (or use footballs) and draw 'hostage' faces on them.
- \* Head to Super Squash - Saviours to see what we created!

### Equipment

Scissors, Tape, Cardboard, Paper Pens/Paint, Cups/Tins, Balloons/Balls.

### Objective

Work as a team to create an obstacle course that players can navigate their way through performing coordination exercises.



You Tube



"Use our course as a template but make it your own. Create your own course and ideas for max creativity!"

# Super Squash

GA

## Games

## THE BUILD

### Learning Intentions:

Players here are learning how to take responsibility for their own progress through creative thinking!

### Success Criteria:

Assign a team captain to delegate tasks so that everyone knows what to work on. Design the lay out of the buildings first then the buildings, bad guys and hostages.





# Super Squash

GA

## Games

# SAVIOURS

### Description

- \* Start in the safe zone
- \* Balance the ball on your racket as you weave through the buildings.
- \* Use the ball to hit the 'bad guys' that are stacked up.
- \* Avoid the landmines and collect a hostage.
- \* Return the hostage to the safe zone by balancing it on the racket.
- \* Next person on the team then goes and gets another hostage to safety.
- \* See how long it takes to get everyone to safety in your teams.

### Equipment

Rackets, Cones, Everything made in 'The Build' & Balls

### Objective

To work either individually or as a team. Developing coordination multitasking and creative thinking.

### Progressions

**HARDEST**  
Move the buildings further apart, add in more bad guys, add in more land mines!?



You Tube

"Make sure you're nice and slow to start then speed things up gradually."



# Super Squash

GA

## Games

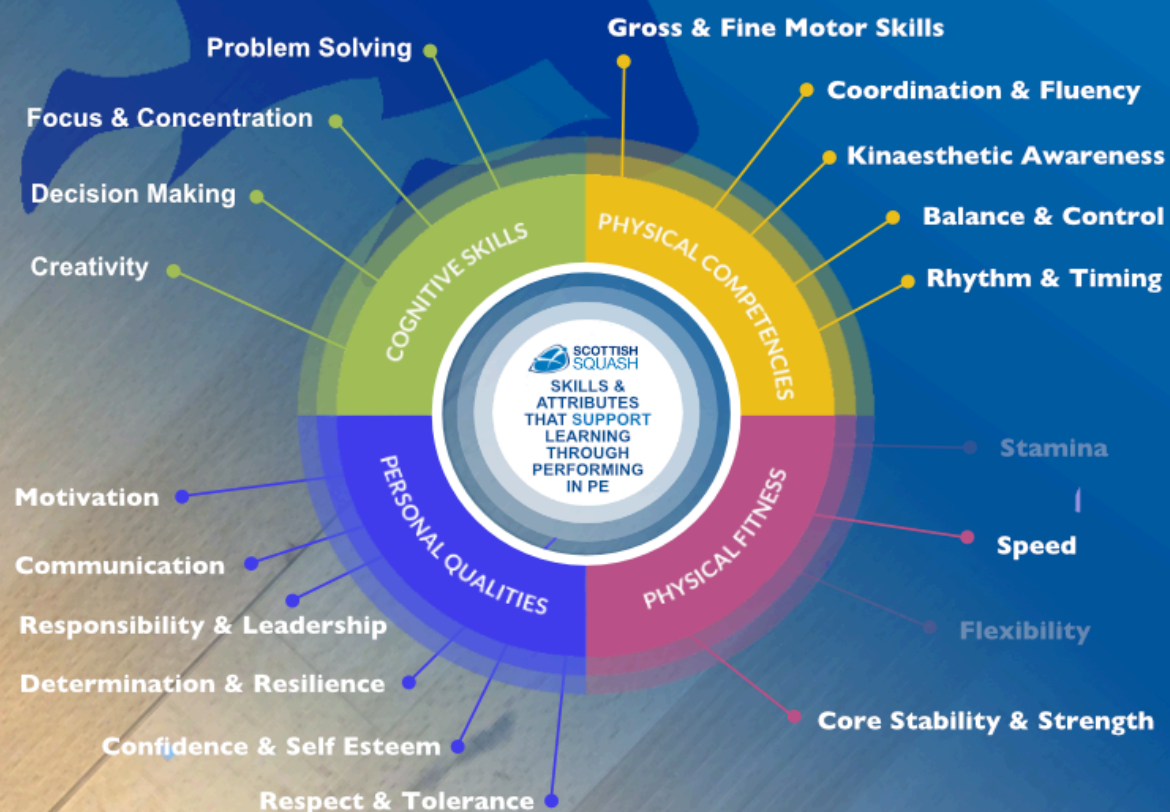
# SAVIOURS

### Learning Intentions:

Players here are learning to multitask under pressure. They should develop better coordination, precise footwork and serving with this course.

### Success Criteria:

Players need to try and keep the racket level at all times. Concentrating on the ball / 'hostage' at all times and using their peripheral vision in order to avoid objects.





# Squicket

GA

## Games

### Description

Players from the 'fielding' team bowls from behind a bowling line onto the wall. Batter hits the ball back off of the wall for fielders to retrieve and throw to the bowler whose racket that is leaning against the wall they need to knock over whilst holding the ball. Pretending that it is the wicket.

### Equipment

Rackets, Markers & Balls

### Objective

Here we are developing tactical placement of shots as well as hand eye coordination in a team environment.

### Progressions

#### EASIEST

Larger bigger ball /  
Smaller 'field' mapped  
out

#### HARDEST

Smaller ball / Larger area



You Tube



Have a quick scan of the area to see where the catchers are positioned then try and hit into the space!

# Squicket

GA

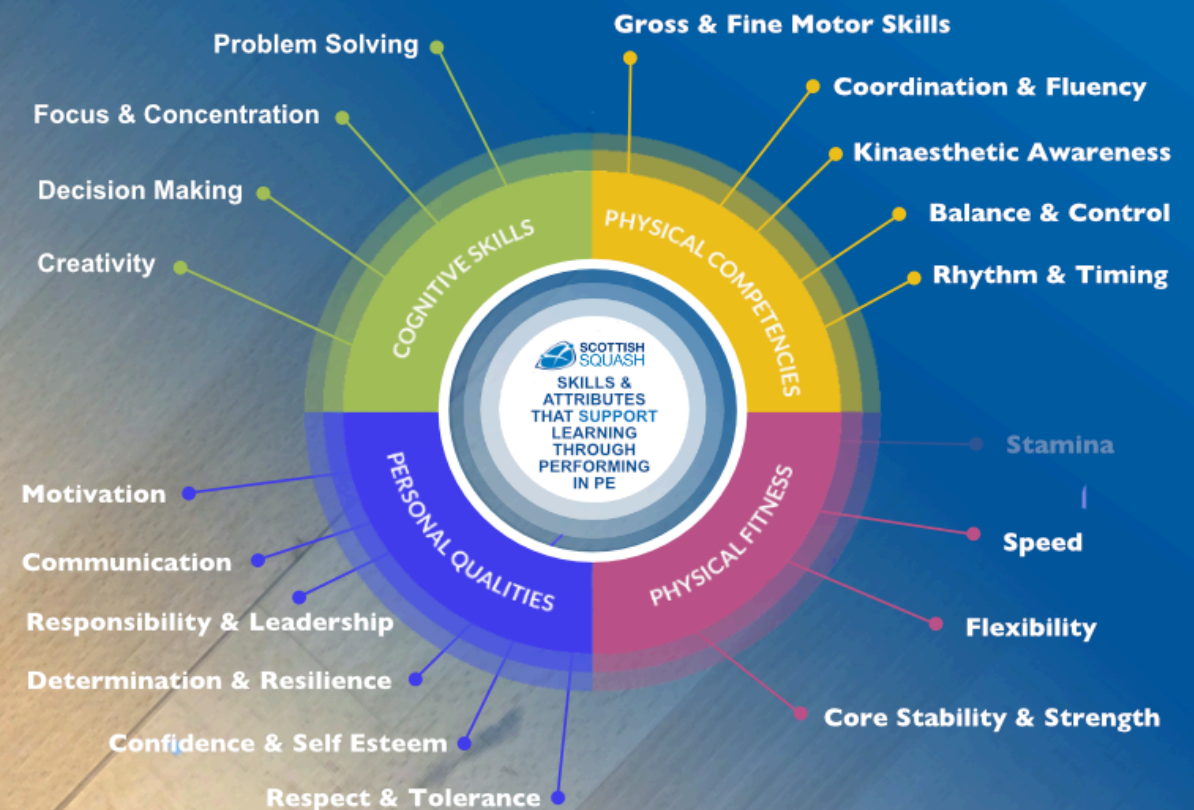
## Games

### Learning Intentions:

The players are learning to control their racket head within a more pressurised team environment. They are also learning the value of team work whilst developing tactical awareness.

### Success Criteria:

Being in the ready position with rackets up. Players need to figure out the best tactically to place the ball in order to get plenty of runs in for their team. Awareness is key.





# Train Game

GA

## Games

### Description

Players work in two teams. Team 1 form a circle around the coach/teacher with a racket each. Team 2 are line up at the side of a market out square. Teacher calls out 'Go'. 1 by 1 team 2 run around the square, at the same time team 1 are fed the ball one at a time by the teacher in circle sequence.

### Equipment

Rackets , Cones & Balls

### Objective

Players here are to demonstrate ball control in a pressurised environment. As well as working on physical fitness in a team environment.

### Progressions

#### EASIEST

In a circle the players must volley back.

#### HARDER

In a circle players must volley to themselves then to the teacher.

#### HARDEST

Players must volley to themselves then bounce pass to the teacher.



You Tube

Less is more. Make a smaller more controlled movement!



# Train Game

GA

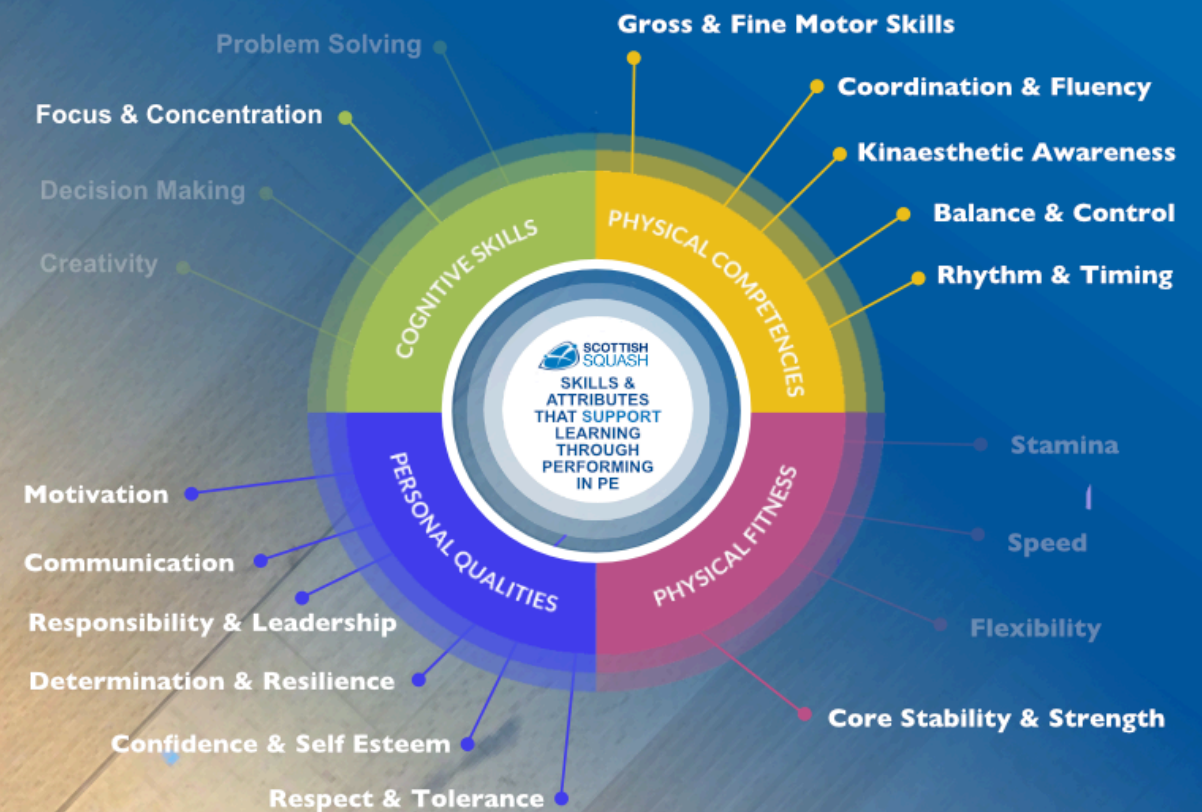
## Games

### Learning Intentions:

The players are learning to control their racket head within a more pressurised environment. They are also learning the value of teamwork whilst improving their fitness.

### Success Criteria:

The players should make sure they are focussed and controlled with their racket heads when volleying back to the teacher. Encouraging their class / team mates throughout.





# Team Control

GA

## Games

### Description

Players line up one behind the other, just behind a pre determined short line. The first player plays the ball off of the wall making sure the ball is easy for the next player, after they have to get to the back of the cue.

### Equipment

Rackets & Balls

### Objective

To develop ball control and team work in a fun yet competitive environment

### Progressions

#### EASIEST

Start Closer to the wall

#### HARDER

Move the designated short line further back

#### HARDEST

Once everyone has hit it off of the front wall, you must hit it off of the side wall



You Tube



"A wee tip - Don't swing too fast. Remember, less is more!"

# Team Control

GA

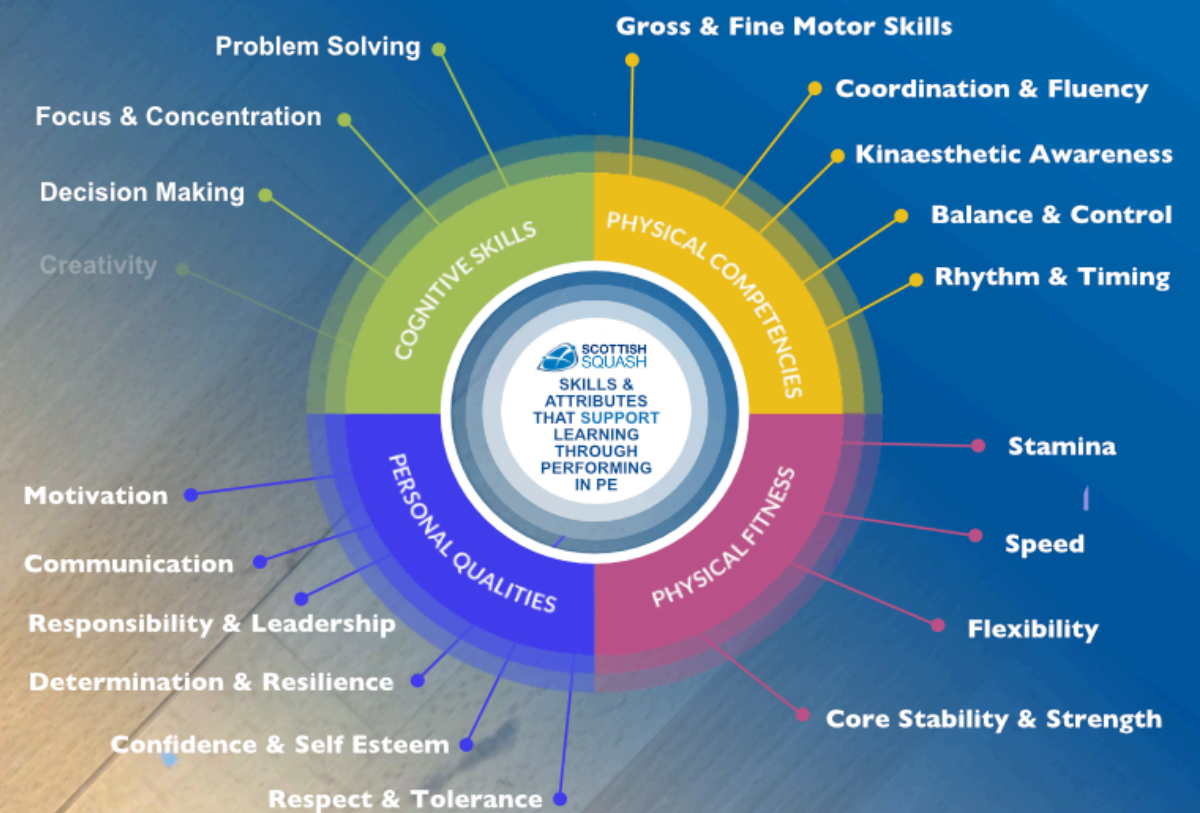
## Games

### Learning Intentions:

The players are learning to control the ball relative to where their team mates will be standing. Using team work and communication in order to get the most out of everyone's performance.

### Success Criteria:

Communication with fellow team mates is essential here. Make sure you talk and encourage each other in order to perform at your optimum as a team. Control the ball by aiming upwards with the racket face.





# Round Robin

GA

## Games

### Description

Players are grouped into 3 or 4 based on standard. Players take turns playing against each other in their box league until every player has played each other. Players not playing will referee the on going match and log the score.

Best of 5 games, point a rally. Game scoring to 11 points.

### Equipment

Rackets , Markers, Pens, Paper & Balls

### Objective

The objective here is to put everything learned into a more open environment as well as learning a typical scoring system for the game of squash.

## Progressions

### EASIEST

Smaller court, larger ball.

### HARDER

Smaller Court, Small ball

### HARDEST

Larger court, smaller ball



YouTube



Stay composed and controlled

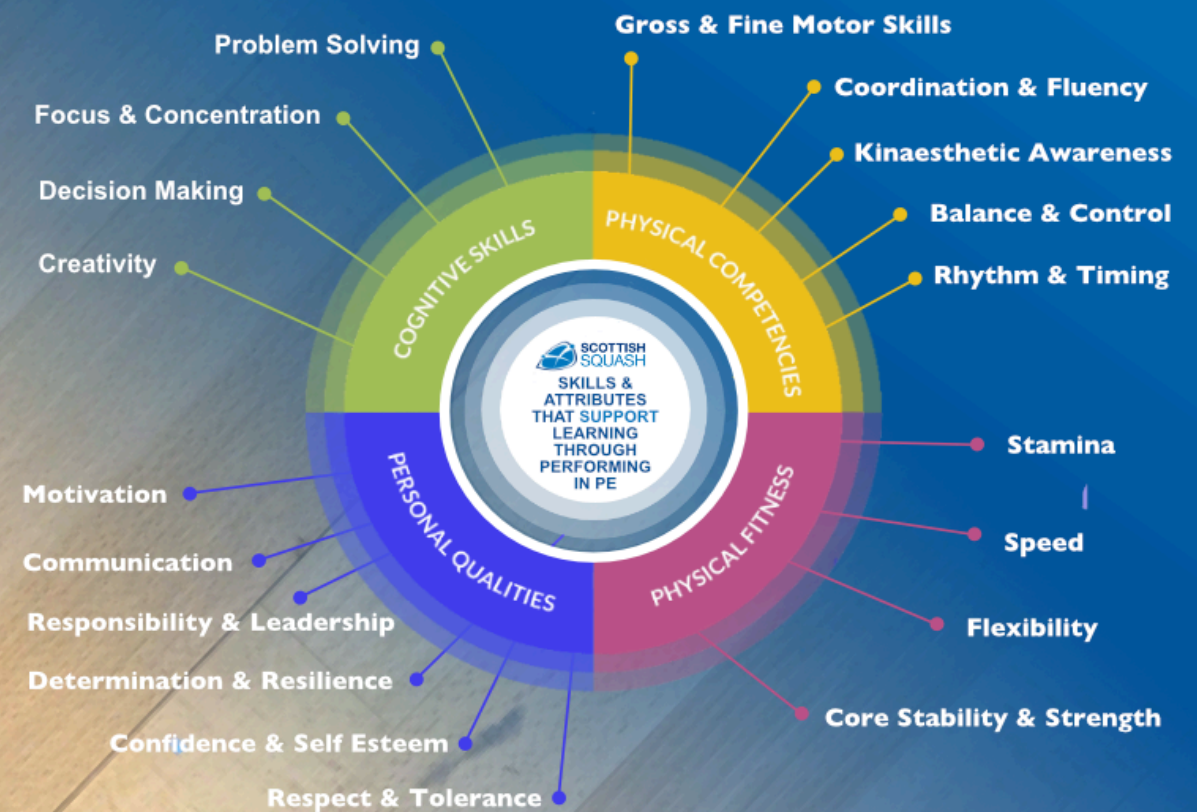
# Round Robin

GA

## Games

### Box League Example

GROUP 3	PLAYER 1	PLAYER 2	PLAYER 3	PLAYER 4	TOTAL GAMES
PLAYER 1		3	2	3	8
PLAYER 2	1		3	3	7
PLAYER 3	3	0		0	3
PLAYER 4	2	1	3		6





# Upsie Downsie

GA

## Games

### Description

Mark out 2 - 8 courts in the games hall. Between 2-6 players per court. 2 players play a rally. The winner of that rally gets a point and stay on, the other player goes off and another player at that court goes on. When the teacher calls "UpsieDownsie" the leading player moves up a court and the losing player moves down a court.

### Equipment

Rackets , Markers & Balls

### Objective

To learn the competitive nature of squash in a more open environment

### Progressions

#### EASIEST

Small Court, Larger Ball

#### HARDEST

Larger area, Samller Ball



You Tube



Control over Power. Move your opponent all over!

# Upsie Downsie

GA

## Games

### Learning Intentions:

Here players are learning to compete in an individually intense environment whilst still displaying all the skills learned throughout completing this pack.

### Success Criteria:

Putting together all the skills they have developed in the lead up to this. Controlling the racket speed and the wrist on every shot moving smoothly with control both forwards and backwards and recovering to the 'T'.

