

## SQUASH START

### WEEK 1 OF 6 - RALLY

|  |  |
|--|--|
| Court hire:<br>1 Court half-hour<br>5 courts half hour | Equipment<br>1 Ball each, 2 Mini Squash Balls, Racket ball balls and Rackets.<br>Targets |
|--|--|

### COURT 1

|      |  |
|------|--|
| 0.00 | Introduction/Take Roll/Name Tags/Explain lesson format, ie.,<br><ul style="list-style-type: none"> <li>• Warm-up - Skills movement</li> <li>Skills Practice/progression</li> <li>Game</li> <li>Summary</li> <li>Warm down</li> <li>• Explain the Aim of Squash</li> <li>• Safety procedures.</li> <li>• Can anyone score? Briefly outline how to score.</li> </ul> |
| 0.15 | Handout 6 week skills brochure giving scope of the course. (Level 3 Skill leaflet)<br><ul style="list-style-type: none"> <li>• Demo F/H &amp; B/H Drive</li> <li>• Demo Skills practice (F/H &amp; B/H Wall Pats and Rally.)</li> </ul>  |
| 0.25 | Warm-up - Ghosting shadow swings F/H.<br><ul style="list-style-type: none"> <li>• Ghosting shadow swings B/H.</li> <li>• Footwork to hit 1 F/H &amp; 1 B/H.</li> <li>• Demonstrate a side arm throw, as in cricket and softball.</li> </ul>  |
| 0.30 | Divide group into pairs, and group into three standards, eg.,<br><ul style="list-style-type: none"> <li>• Played before</li> <li>• Can hit a ball</li> <li>• Never played a ball sport.</li> </ul>   |

| COURT 1 -<br>Can play  | COURT 2<br>Can hit a ball  | COURT 3<br>Can hit a ball | COURT 4<br>Never played  | COURT 5<br>Never played. |
|--|--|---------------------------|--|--------------------------|
| 0.30<br>Skills practice -<br>F/H Pats<br>B/H Pats<br>Moving around<br>court count the<br>continuous pats,<br>both F/H and B/H.<br>Alternate F/H &<br>B/H Pats<br><br>0.45<br>Play a game | 0.30<br>Skills practice<br>F/H Pats<br>B/H Pats<br>Moving<br>continually hit<br>F/H & B/H pats<br>count the score.<br><br>0.45<br>Rally to each<br>other, hitting F/H<br>on F/H side and<br>B/H on B/H side.<br><br>Change sides.<br><br>Try a game. | 0.30<br>As per Court 2    | 0.30<br>F/H Pats<br>B/H Pats<br><br>If too difficult,<br>change to mini-<br>squash ball.<br><br>0.45<br>Rally to each<br>other with either<br>mini squash<br>equipment or<br>racket ball<br>equipment. | 0.30<br>As per Court 5.  |

### COACH TO MOVE AROUND COURT GIVING TEACHING POINTS

- 1.00 Summary : How did they go?  
 How many continuous hits in a rally?  
 Give practice for the week.  
 Next week's lesson will be revision Grip, Swing, Footwork.

## SQUASH START

### WEEK 2 OF 6 - F/H & B/H, COURT MARKINGS

|  |   |
|--|---|
| Court hire:<br>1 Court half-hour<br>5 Courts half-hour | Equipment:<br>1 Ball per court<br>Targets<br>5 Racket Ball Balls for throwing |
|--|---|

#### COURT 1

|      |  |
|------|--|
| 0.00 | Introduction/Take Roll/Explain the lesson content.   |
|      | <ul style="list-style-type: none"> <li>Who had a practice? How did it go? Any problems?</li> </ul>   |
| 0.10 | Warm-up - Ghost F/H & B/H on command.  |
|      | <ul style="list-style-type: none"> <li>Check grip, Shadow swings moving front to back court.</li> <li>Lunging catches and/or Dog and Bone.</li> </ul>  |
| 0.20 | Coach feeds ball to F/H and gives clues on swing, footwork, targets, etc.  |
|      | <ul style="list-style-type: none"> <li>Repeats for B/H. For more advanced players feed 1 F/H, then 1 B/H for them to drive down the wall. Re-enforce open racket face features.</li> <li>Explain the safety features, eg., hit and move to clear the ball, call "let please".</li> </ul> |
| 0.30 | Divide group into even pairs.  |

| COURT 1   | COURT 2 | COURT 3 | COURT 4 | COURT 5 |
|---|---------|---------|---------|---------|
| 0.30<br>Play a game<br>0.45<br>Change partners. |         |         |         |         |

#### COACH TO MOVE AROUND GIVING TEACHING POINTS TO LESSON.

- 1.00 Summary - Ask random questions regarding footwork, grip, contact point for straight drives and cross court drive, open racket, closed racket face, etc..

## SQUASH START

### WEEK 3 OF 6 - CROSS COURT RALLY

|  |  |
|--|--|
| Court hire:<br>1 Court half-hour<br>5 Courts half hour | Equipment:<br>Targets<br>1 Ball each<br>Mini squash equipment/Racket Ball equipment. |
|--|--|

#### COURT 1

|           |   |
|-----------|---|
| 0.00      | Introduction/Take Roll  |
|           | • Any questions?  |
| 0.10..... | Cross behind steeps   |
|           | • Figure of 8   |
|           | • Moving ghosting figure of 8.  |
| 0.20      | Explain the purpose of the front wall targets, demonstrate the skill. |
| 0.30      | Divide group into pairs, one ball each.                               |

| COURT 1   | COURT 2 | COURT 3 | COURT 4<br>Never played  | COURT 5<br>Never played |
|---|---------|---------|--|-------------------------|
| <b>0.30</b><br>a) F/H Drives<br>continuous down<br>the wall;<br>Change sides.<br><br>B/H Drives<br>continuous down<br>the wall.<br>Write down best<br>score.<br><br>Change partners<br><br>b) 1 Down, 1<br>Across Rally,<br>continuous.<br><br>Change sides.<br><br>Write down best<br>score.<br><br>0.45<br>Play a game.<br>Change partners/ |         |         | Choose the<br>appropriate<br>equipment to gain<br>success, eg.,<br>Mini Squash<br>equipment, or<br>Racket Ball<br>equipment. | As per Court 4.         |

#### COACH TO MOVE AROUND THE COURT GIVING TEACHING POINTS

- 1.00 Summary -- Revise teaching points. Question students on Targets for length, grip, footwork.  
 Next week court markings will be revised.  
 New skill for next week - Lob Serve, find out something about the stroke.

## SQUASH START

### WEEK 4 OF 6 - LOB SERVE

|   |  |
|---|--|
| Court hire:<br>1 Court half hour.<br>5 Courts half hour | Equipment:<br>Targets, feet marking, angle markings of ball<br>throw for serve.<br>Ball each.<br>2 Racket Ball Balls for throwing. |
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#### COURT 1

|      |   |
|------|---|
| 0.00 | Introduction/Roll call.<br><ul style="list-style-type: none"> <li>Question Court markings.</li> </ul>   |
| 0.10 | Warm-up -“Simon Says” touch Tin, Stand in the Service Box, Touch the Cutline, etc..<br><ul style="list-style-type: none"> <li>Underarm throw to targets on the front wall, Side arm throw to resemble a drive like in cricket or softball.</li> </ul>   |
| 0.20 | Explain the importance of a lob serve, explain the key -points, eg., where to aim and stand, the height of the ball throw and how these effect the result of the serve.<br><ul style="list-style-type: none"> <li>Demonstrate an open racket face for height and swinging under the ball to get the soft high effect.</li> <li>Coach watching, let us all have a go. If time the coach to play out a rally with each student starting with a serve, and observe the approach to the ball when driving.</li> </ul> |
| 0.30 | Divide into pairs.  |

| COURT 1<br>Can play  | COURT 2<br>Can hit a ball   | COURT 3<br>Can hit a ball | COURT 4<br>Never played   | COURT 5<br>Never played |
|--|---|---------------------------|---|-------------------------|
| 0.30<br>Skill practice -<br>Serve to each other<br>from each box.<br><br>Alternate serves<br>and play out the<br>rally.<br><br>Try to get the serve<br>near the side wall<br>behind the service<br>box.<br><br>Change sides.<br>Record the scores.<br><br>0.45<br>Change partners. | 0.30<br>As per Court 1<br>but get the serve<br>behind the service<br>box. | 0.30<br>As per Court 2.   | 0.30<br>Bounce the ball to<br>serve if required.<br><br>Those who find<br>racket ball<br>equipment easier<br>change<br>equipment. | 0.30<br>As per Court 4. |

#### COACH TO MOVE AROUND THE COURT GIVING TEACHING POINTS

- 1.00 - Summary -
- Revise teaching points for the service, note the difference from the forehand and backhand sides, remind students of the different angle of the ball throw and the target on the front wall.
  - Remind students of the need to practice, supply students with a day, time and venue for practice.
  - Next week put it all together- continuous rally - keep the ball warm, run, follow it, watch it, chase it!
  - Explain to the students they have gone through the best part of the course, best to come!

## SQUASH START

### WEEK 5 OF 6 - CONTINUOUS RALLY

|  |  |
|--|--|
| Court hire:<br>1 Court half hour<br>5 Courts half hour | Equipment:<br>Klubba-bundy equipment for warm-up.<br>Targets<br>Tape to mark for length, and service height. |
|--|--|

#### COURT 1

|      |   |
|------|---|
| 0.00 | Introduction/Roll Call.<br><ul style="list-style-type: none"> <li>• Beginners continuous rally.</li> <li>• Intermediate - no errors.</li> <li>• Advanced - good length.</li> </ul>  |
| 0.10 | Warm-up - Klubba-bundy<br><ul style="list-style-type: none"> <li>• Ghosting figure 8 overhead.</li> <li>• Talk about overhead shots, eg., return of service and volley. Ask questions.</li> </ul>   |
| 0.20 | Coach to feed the ball for students to hit 1 down/1 across rally, give tips on racket preparation, swing and footwork.<br><ul style="list-style-type: none"> <li>• Rotate players when the ball is missed or is down or out.</li> <li>• In pairs supervise 1 down/1 across rally, give hints.</li> <li>• Coach to supervise a serve from each side by each student.</li> <li>• Get students to give tips on what is going wrong with the serve of others in the group.</li> </ul> |
| 0.30 | Divide students into pairs.<br><ul style="list-style-type: none"> <li>• Explain where to stand to return the serve so the backhand return is approached on the backhand side, keeping out of the corner, with the aim of hitting it on to full if possible.</li> <li>• Count and record scores for continuous hits.</li> </ul>  |

| <b>COURT 1</b><br><b>Can play</b>                                | <b>COURT 2</b><br><b>Can hit a ball</b>          | <b>COURT 3</b><br><b>Can hit a ball.</b> | <b>COURT 4</b><br><b>Never played</b>   | <b>COURT 5</b><br><b>Never played</b> |
|--|--|--|---|---------------------------------------|
| 0.30<br>Play a game  | 0.30<br>Play a game                              | 0.30<br>As per Court 2.                  | 0.30<br>Play a game, keeping the rally going, don't let the rules stop the game from going on.  | As per Court 4.                       |
| Advanced get the service behind the service box near the wall.   | Intermediate get the serve into the service box. |  | Beginners can bounce the ball to serve, get the ball into the correct half court with the most appropriate equipment for their level of play. |                                       |
| Aim for the targeted areas.                                      | Retrieve every ball and keep the rally going.    |  |   |                                       |
| Students to return the backhand return of serve on the backhand. | Record the rally with the most returns.          |  |   |                                       |
| Record the rally with the most hits.                             |  |  | Record the best score.  |                                       |

#### COACH GIVE TIPS TO IMPROVE PERFORMANCE

1.00 - Summary - Revise teaching points from the previous weeks.

Ask questions about targets, footwork, swing, open face racket, length, angle and height of the serve, etc.

## SQUASH START

### WEEK 6 OF 6 - VOLLEY

|  |  |
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| Court Hire:<br>1 Court half hour<br>5 Courts half hour | Equipment:<br>10 Balls<br>5 Foam Balls |
|--|--|

#### COURT 1

|           |  |
|-----------|--|
| 0.00      | Introduction/Roll Call   |
| •         | Why Volley?  |
| 0.10      | Warm-up - Ghosting F/H Drive and B/H Volley.   |
| •         | Ghosting B/H Drive and F/H Volley.   |
| •         | Explain and demonstrate Overhead Volley.   |
| •         | Explain and demonstrate Underarm Volley.   |
| •         | Discuss the purpose of both these strokes.   |
| 0.20..... | Skills practice Volley.  |
| •         | Moving around the court individually, F/H Volley; change direction to B/H Volley.  |
| •         | Coach take one at a time, volley cross court to each other. Use appropriate ball.  |
| •         | Demonstrate a volley as in the Return of Service on the full - explain where stand to return serve as this is a perfect example of a volley situation. |
| 0.30..... | Evenly divide the group.   |

| COURT 1  | COURT 2 | COURT 3 | COURT 4 | COURT 5 |
|--|---------|---------|---------|---------|
| Play a game, Lob Serve and return the serve on the full. | ditto   | ditto   | ditto   | ditto   |

#### COACH TO MOVE AROUND THE COURTS GIVING ASSISTANCE WHERE NEEDED

#### 1.00 Summary -

Revise teaching points.

Direct students to an Intermediate program in the District which will follow on and cover Volley, Return of Serve revision, Game tactics, Scoring, Back Wall Drives, Boasts.