

Kids Squash Lesson 1 for 10 year olds, Part 1 of 3

Orientation and coordination

Games with balloons and « nervous » balls

1 - Racket flat and in forehand (palm up), the child juggles as long as possible with a slightly inflated balloon. Evolutions:

- Use a racquetball racket for the youngest.
- Use a squash ball surrounded by elastoplast to generate a random bounce.
- Use a half foam ball.
- Use different ball types.
- Change hands.

Try to make the highest score with each ball type.

The main goal is to juggle the ball as long as possible, staying on the spot.

Educational objects

- Development of: space orientation and racket control.
- Improve coordination with a moving object through the air.

Equipment

Rackets, balloons, various balls, shapeless balls.

Kids Squash Lesson 1 for 10 year olds, Part 2 of 3

Control

Simple drills in self distribution and of target hitting

Show the “nick” to the child. This is the ideal target for a drop shot.

Draw 2 squares (1.2 m side) at each front wall corner.

The child stands in the middle of the court and hits the ball enough higher for himself to hit it in forehand volley to the right square. Evolutions from the same location:

- The child drops the ball to the floor, then hits forehand on the first bounce towards the right square.
- The child throws the ball in a bell towards the side wall then hits forehand on the 1st bounce towards the right square.
- The child throws the ball in a bell towards the side wall then hits a forehand volley towards the right square.

The main goal of this exercise is to feel the adequate speed of your swing to hit slowly at the target.

The swing needs to be short, slow, with follow-through towards the target.

The drop shot tends to be too fast, in part due to excessive wrist action.

Educational object

Ball control development.

Equipment

Racket, racquetballs, blue ball, adhesive tape.

Kids Squash Lesson 1 for 10 year olds, Part 3 of 3

Trajectories

Mid-court games

Link back part of the 2 service box with adhesive tape.

A 1.6 m wide corridor is drawn in the middle of the court between the 2 side walls.

2 children play a game in order to make the ball bouncing in the "middle corridor".

The rally starts on a classic service.

One point is counted each time the ball hits this target.

Children can hit in forehand or backhand straight and in forehand or backhand cross.

Educational object

Make the child to master trajectories and shots.

Equipment

Racket, racquetballs, blue ball, adhesive tape.

Kids Squash Lesson 2 for 10 year olds, Part 1 of 3

Control

Ball control drills while moving

1 - The child stands 3 m from the front wall and hits in forehand straight in a bell.

He hits 4 to 5 continuous shots and lengthens the ball trajectory so as to take a step back during the triggering of the next shot.

Evolution: make a ball control in the racket between each shot.

2 - The child stands 3 m from the front wall and 2 m from the side wall. He hits a 1st forehand straight in a bell. He then takes a side step and at the same time a control shot in a bell towards the side wall before the next straight shot. He performs 4 to 5 continuous shots.

3 - The child stands 2 m from the front wall on the right side. He starts in backhand straight in a bell and makes steps forward by making continuous shots, positioned on the side, up to the opposite side wall. He then hits a boast and then continues his forehand straight shots in a bell to the other side wall and so on.

4 - The child stands on the midline and hits a forehand volley ball between his legs, directly towards the front wall. The ball release must be precise. Positioning on the side is recommended for this exercise. Use several types of balls.

5 - The child stands on the midline and hits a blue ball in forehand straight. He turns on himself then hits the next forehand straight and so on. This exercise is suitable for orientation.

Educational object

Make the child placed in situations involving ball control, movements, orientation and balance.

Equipment

Racket, racquetballs or blue ball for 1, 2, 3 and 5, various balls.

Control

Ball control drills while moving

6 - The child moves in front of the courts by hitting in forehand (racquetball or foam) in a bell in the walking direction. He avoids obstacles during his shots and maintains a constant pace in his course.

7 - The child moves along and in front of the 1st bleacher, juggling the ball (racquetball or foam). Between each juggle, he drops the ball in front of him on the bleacher then performs a control after the 1st bounce. The child has to move forward regularly.

8 - The child walks in round trips on the 1st bleacher while bouncing the ball (foam or racquetball) at the base of this bleacher.

9 - Same as 8 but the child drops the ball (racquetball or foam) to the floor and then performs a control after the 1st bounce. The child has to move forward regularly.

10 – Same as 7 but the child walks in round trips on the bleacher by juggling the ball (racquetball or foam). Between each juggle, he drops the ball in front of him on the bleacher then performs a control after the 1st bounce. The child has to move forward regularly.

11 - The child goes up a staircase juggling the ball (racquetball or foam). It goes down normally.

Educational object

Make the child placed in situations involving ball control, movements, orientation and balance.

Equipment

Racket, racquetballs or foam ball.

Kids Squash Lesson 2 for 10 year olds, Part 2 of 3

Coordination

Drills to coordinate racket preparation with moving

1 - The educator demonstrates to the child the racket preparation technique in 2 steps with return to the initial positioning.

The backhand shot is hit with the right foot forward (for a right-handed player).

The child has to assimilate this movement by performing an empty swing as many times as necessary.

Teach the child a smooth swing.

Educational object

Coordination development of the moves and of racket preparation.

Equipment

Racket, racquetballs or blue ball.

Coordination

Drills to coordinate racket preparation with moving

2 – Same as 1, the educator slowly distributes a racquetball to the child who must apply the same swing.

The child will repeat this swing until it's properly applied. Perform the empty swing to make corrections.

Evolutions:

- The child can hit the ball after the 2nd bounce to give him time to move properly.
- Use different ball types and at the same time work on the shot synchronization.
- Go back hitting on the 1st bounce.

The child should focus on one aspect at a time: preparing the racket or moving.

- Hit the balls more in a bell to give the child a little more time.

Insist on the racket preparation from the start of the move.

- Vary distribution trajectories to increase the challenge.

The child repeats the empty movement as many times as necessary, for corrections.

Fluid and slow movement increases the success rate of the exercise.

Educational object

Coordination development of the moves and of racket preparation.

Equipment

Racket, racquetballs or blue ball, various balls.

Coordination

Drills to coordinate racket preparation with moving

3 - Same as 1 but in forehand shot.

Forehand shot can be performed on the left foot or on the right foot forward. (for a right-handed player).

The educator starts the exercise by holding a foam ball hanging from a wire (50 cm from the floor) at arm's length. It's easier for a child to hit a stationary ball.

Teach the child to start racket preparation as soon as he starts to move towards the ball.

Evolution: introduce another coordination notion:

- The educator holds outstretched arm with the ball swinging back and forth. The child has to synchronize his movement, preparation and positioning so as to be at the right distance from the ball at the impact point of the shot.

Educational object

Coordination development of the moves and of racket preparation.

Equipment

Racket, foam ball, wire.

Kids Squash Lesson 2 for 10 year olds, Part 3 of 3

Trajectories

Consistency in service hitting

2 children play a game but have as many attempts to serve without fail.

The rally begins after a correct service.

Start serving without touching the side wall, the rally will be even easier.

Evolution: serve so the ball hits the side wall behind the midline, before bouncing on the floor.

Educational object

Learning the service.

Equipment

Racket, blue ball or red dot ball.

Kids Squash Lesson 3 for 10 year olds, Part 1 of 3

Coordination

Ball attached to a wire (suitable for 6 to 11 years old children)

1 - The educator stands with outstretched arm facing the child with a small foam ball suspended 50 cm from the floor. The child takes 2 steps forward while preparing his racket and then hits forehand. The racket head moves from top to bottom.

Teach the child to start racket preparation as soon as he starts to move towards the ball.

Explain the process clearly to the child before his first shot attempt.

The racket preparation has to be optimal at the start of the 2nd step.

Forehand shots can be performed on the left foot or on the right foot forward. (for a right-handed player).

The child repeats the empty movement as many times as necessary, for corrections.

It may be beneficial to let the child do it for the first time, without any instruction, in order to identify the main improvement points.

Educational object

Coordination development of the moves and of racket preparation.

Equipment

Racket, foam ball, wire.

Kids Squash Lesson 3 for 10 year olds, Part 2 of 3

Coordination

Coordination of racket preparation and moving on a difficult shot

1 - The educator stands the child at the back of the service box and 2 m facing the right side wall.

The educator distributes straight shots in a bell directly to the back wall.

The child has to position himself to hit the ball in forehand after its 1st bounce.

The goal for the child is to prepare his racket as soon as he starts to move towards the ball. Which is difficult on a shot like this for beginners.

2 - The educator hits a boast which bounces towards the right front part of the court.

The child is as close as possible to the contact point of the ball on the floor and then positions himself to hit it with a forehand cross after the 1st bounce.

The child has to prepare his racket as soon as he begins to move towards the ball.

Evolution: the child takes 2 steps forward while preparing his racket and then starts his forehand shot.

The main goal for the child is to prepare his racket as soon as he begins to move towards the ball.

Educational object

Coordination development of the moves and of racket preparation.

Equipment

Racket, blue ball or red dot ball.

Kids Squash Lesson 3 for 10 year olds, Part 3 of 3

Control

Games with fast ball and several bounces allowed

Children play games and can bounce the ball several times between each shot. The goal is not to let the ball roll.

The child "loses a life" if the ball rolls before it can hit it.

The ball can be hit on all surfaces before touching the front wall. Aside from the number of bounces, children apply the classic rules of the game.

Educational object

Ball control development.

Equipment

Racket, racquetballs or foam ball.

Kids Squash Lesson 4 for 10 year olds, Part 1 of 3

Trajectories

Shot length: learn to hit the ball toward the back wall

1 - The child stands 2 m from the walls, front and right side.

The child throws the ball for himself then hits a forehand straight volley without the educator giving him a recommendation or advice.

Then the educator demonstrates how to hit the ball so it bounces once before it hits the back wall.

The goal is to hit the ball from the side and not above you.

Self-distribute the ball in 5 ways:

- a) Throw it in a bell towards the side wall then hit it after the 1st bounce.
- b) Drop it in front of you then hit it after the 1st bounce.
- c) Throw it in front of you then hit it on the fly.
- d) Throw it in a bell towards the front wall then hit it after the 1st bounce.
- e) Throw it in a bell towards the side wall then hit it on the fly.

On all of these types of throws, the racket has to be prepared before attempting to hit the ball.

Educational object

Search for length and amplitude.

Equipment

Racket, blue ball or red dot ball.

Kids Squash Lesson 4 for 10 year olds, Part 2 of 3

Coordination

Coordination of racket preparation and moving on fast shots

1 - Place the child on the midline at the right serving box.

The child must defend his line with his prepared racket on forehand.

The educator is positioned in front of the midline and distributes fast and low straight shots.

The goal for the child is to prepare his racket early and quickly, as soon as he begins to move towards the ball.

The child repeats the empty movement as many times as necessary, for corrections.

The racket has to brush the side wall at the impact time with the ball.

For this type of mid-short exercise, the swing is a little less accentuated.

Educational object

Learn to play the ball before it bounces in the back.

Equipment

Racket, racquetballs, blue ball, or foam ball.

Coordination

Coordination of racket preparation and moving on fast shots

2 - Repeat the exercise in backhand, always at the midline:

The child has to face the side wall, he can make a very short shot to defend the ball.

More difficult, the child positions his hips facing the front wall (“right up on the T”).

The child first positions himself on his left foot, then performs the following shots on his right foot.

Under a time constraint it’s often more advantageous to hit the ball in the open position (inverted foot).

Teach the child to manage his balance well when hitting (comfort position).

Educational object

Learn to play the ball before it bounces in the back.

Equipment

Racket, racquetballs, blue ball, or foam ball.

Coordination

Coordination of racket preparation and moving on fast shots

3 - The child is on T, the educator distributes straight shots from the back of the court.

The child takes a side step first before hitting the ball.

Then the child takes 2 steps aside.

The child can place himself in inverted foot (for a right-handed person, forward right foot on forehand) on fast shots.

The educator has to clearly and frequently explain the purpose, breaking down each movement.

4 - Repeat the exercise in backhand, always on “T” level.

The child positions his hips facing the front wall (“right up on the T”).

The main goal for the child is to prepare his racket as soon as he begins to move towards the ball.

After successful preparation in one step, the child performs the exercise in 2 steps.

Educational object

Learn to play the ball before it bounces in the back.

Equipment

Racket, racquetballs, blue ball, or foam ball.

Kids Squash Lesson 4 for 10 year olds, Part 3 of 3

Control

Adaptation to different ball types

Children play each game or all 5 points with a different ball.

Adapting quickly to a different ball is an important skill.

Adaptation is the most important faculty for years to come.

To master their adaptation, children must be exposed to a maximum amount of exercises involving all the basic coordination skills such as balance, reaction, orientation, rhythm, ...

Educational object

Ball control development.

Equipment

Racket, various balls: yellow dot, blue, white, red, racquetball, foam, tennis.

Kids Squash Lesson 5 for 10 year olds, Part 1 of 3

Control

Solo drills for complete beginners

The child stands 1.5 m from the right side wall at the level of the service box.

He hits the ball in forehand and in a bell after the 1st bounce so it falls back into the service box.

The child stands on the side and hits continuously.

The educator shows the correct positioning with the body perpendicular to the front wall.

Evolutions:

- a) Perform the exercise in backhand shots for the same duration. Show the child the contact point of the ball on the body side.
- b) Alternate backhand and forehand shots in the service box. Once again, show the child the contact point of the ball is on the body side, in both cases.
- c) Same as b) but facing the front wall (3 m). If the exercise is difficult, approach the front wall.
- d) The child positions himself at the level of the right service box and hits the ball continuously in forehand straight. The goal is to hit continuously after the 1st bounce in the short court (lanes 1 and 2). Hit the ball in a bell so it bounces as far back as possible towards the back of the court.

Educational object

Ball control development.

Equipment

Racket, blue ball, or black ball.

Kids Squash Lesson 5 for 10 year olds, Part 3 of 3

Control

Drills with side wall

1 - Draw a half-court line, up to the front wall.

Child hits forehand continuously to side wall. The ball bounces after the half-court line.

The child counts number of successful hits in a row. If the ball bounces before the line, start from zero.

2 - 2 children are placed on the same side of the half-court line, separated by 4 - 5 m. Each with their ball they hit on forehand (same as 1). They play a 5 minute game. Whoever finishes with the highest number of points, wins.

The goal is to hit as long as possible continuously, by adjusting the amplitude and swing speed.

Hitting towards the side wall favors a short swing in a narrow space.

The child should focus on opening the racket head and positioning the body properly.

Educational object

Ball control development.

Equipment

Racket, blue ball or fast black ball.

Control

Drills with side wall

3 - Carry out exercise 2 on backhand shots with the same success criteria.

The key to constant ball control is proper body positioning.

The contact point should not be too far from the body, but on the body side.

4 - 2 children are rallying continuously and alternating between forehand and backhand.

They seek to make the greatest number of shots continuously.

The challenge may extend to other children's teams on other courts.

The 2 children reduce shots perimeter (in front and / or behind the midline) and play games in each perimeter (or $\frac{1}{4}$ of court).

Educational object

Ball control development.

Equipment

Racket, blue ball or fast black ball.

Kids Squash Lesson 6 for 10 year olds, Part 1 of 3

Control

Better control the ball while hitting short and high shots

1 - The child stands on the midline at the level of the right service box.

He hits the ball above the service line in forehand straight, so as to bounce it in front of the midline.

The child moves to the side and hits continuously after the 1st bounce.

The goal is to use a good grip with an opened racket head to achieve the desired height.

The key to constant ball control is good positioning.

2 - Hitting 2 different shots in a row is excellent for feeling the correct positioning on each shot:

The child stands in front of the T, 3 - 4 m from the front wall.

The child hits first with a forehand straight and then goes on after the 1st bounce with a forehand cross which bounces along the left side wall. He then goes on backhand straight followed by a backhand cross towards the right side wall. And so on.

All balls are hit above the service line and with a bounce between each shot.

Educational object

Ball control development.

Equipment

Racket, blue ball or fast black ball.

Kids Squash Lesson 6 for 10 year olds

Coordination

Solo drills for coordination improvement (can be used as an evaluation test)

1 - The child turns his back on the front wall and stands at the angle of the midline and the right service box. He hits in a bell and in forehand straight volley to the side wall then catches it on the fly with his left hand (5 shots in a row).

2 - Same as 1 but the child is positioned at the midline.

3 - Same as 1 but the child hits in forehand straight volley to the front wall.

4 - Same as 3 but the child stands 3 m from the front wall and throws the ball 1.5 m above and hits a forehand straight volley towards the front wall.

5 – Same as 4 for positioning but the child throws the ball towards the side wall then hits it on forehand straight volley to the front wall.

Evolution (easier): same as 3, 4 and 5 but the child catches the racquetball with his left hand after the 1st bounce.

6 - The child is positioned 2 m from the right side wall and the front wall. He hits the forehand boast in a bell towards the side wall and then catches it on the fly with his left hand after bouncing on the front wall (5 shots in a row).

Educational object

Coordination of the positioning and of hitting moment.

Equipment

Racket, blue ball or fast black ball. Racquetballs for evolution.

Squash training for 10 year old kids - 7

Positioning

Solo drill for side positioning improvement

The child stands 3 m from the front wall and hits the ball on the floor in forehand to the front wall.

He continues his shots, always on the ground, in forehand and backhand. He can wait for the 1st bounce before hitting the ball again.

The child moves according to the ball trajectory then positions himself on the side with each shot.

This is a very good exercise to manage movement and good positioning before hitting the ball.

The child has to be positioned very precisely next to the ball in order to hit it with enough power so it's returned by the front wall.

Ideally, alternate a forehand shot with a backhand one, and so on.

Educational objects

- Alternating hitting with moves to the right and left.
- Coordination of the positioning and of hitting moment.

Equipment

Racket, blue ball or fast black ball.

Squash training for 10 year old kids - 8

Trajectories

Solo drill for service return

1 - The child stands 2 m from the left side wall and the front wall. He hits (on a piecemeal basis) the forehand boast in a bell toward the front wall and then catches it on a backhand straight volley after bouncing off the side wall.

Start near the walls and then move away as you go.

The child has to be made aware of:

- The open position of his racket to serve.
- His angle perception resulting from his ball trajectory.
- The limited amount of time to prepare his racket when he throws the ball for himself.
- The principle of dosing the shot on the return rather than carelessly hitting the ball.
- The return shot which causes the upper body to position itself facing the side wall.
- Stability of the wrist on the return shot.

Educational object

High trajectory assessment and interception.

Equipment

Racket, blue ball or fast black ball.

Squash training for 10 year old kids - 9

Trajectories

Solo drill for high and low volleys

The child stands from the midline (between lanes 2 and 3) and starts continuous shots in forehand straight volleys.

He moves forward while volleying, then he moves backward.

The racket has to be prepared in advance and the swing amplitude will be adjusted according to the distance from the front wall.

To properly control the ball, the wrist must be stable.

To keep trajectories in straight:

- The forward foot (inverted or normal) is on the same plane as the ball when hitting.
- The upper body is positioned facing the side wall.
- Take the rhythm of the ball to better control it.

Evolution: perform the exercise in backhand on the other side of the court.

Educational object

Trajectories study and interception that matters.

Equipment

Racket, blue ball or fast black ball.

Squash training for 10 year old kids - 10

Control

Self-distribution drill on half-court

The educator hangs 3 balloons in the middle and just below the service line.

The child stands into the right service box and hits the ball in forehand cross so it bounces off the opposite side wall and floor before the midline.

Sensitize the child on his positioning for service compared to the impact point of the ball on the front wall.

Then the child moves to the ball to hit it after his 1st forehand cross bounce towards the balloons.

This is a very motivating exercise for the child because he will learn to control the ball, position himself correctly and develop a relaxed swing.

Another important point is the racket preparation when the child moves on his 2nd shot.

This exercise can be used in game (number of shots / number of shots on goal, various balls / point scale, etc.).

Educational object

Development of ball control, positioning and smoothness on hitting.

Equipment

Racket, blue ball or fast black ball, balloons.

Squash training for 10 year old kids - 11

Control and trajectories

Hitting exercises for children group

The educator hangs a balloon at the 2 ends of the right side wall 1.5 m from the corner. The court is divided into 2 parts by a half-court line.

Children are placed in groups of 2 or 3 near the other side wall.

Each child hits a forehand volley to reach his target.

This exercise allows the child to develop a very fast and powerful swing.

Technical fundamentals are reminded to the child who will tend to focus on the ball bursting.

Educational object

Development of ball control, positioning and smoothness on hitting.

Equipment

Racket, blue ball or fast black ball, balloons.

Squash training for 10 year old kids - 12

Control and adaptation

Games and rallying with different racket types

1 - Children play a normal game but with a wooden squash racket and a fastball.

The educator can adjust rules according to the racket type, to make longer rallies.

2 - Same as 1 but with badminton or racquetball racket and a foam ball.

Apply a quick swing on this exercise.

3 - Same as 1 but with wooden beach ball racket and foam ball.

Short rackets or those with a small head are perfect for judging the ball trajectory.

4 - Same as 1 but with jokari racket and foam ball.

5 - Same as 1 but with ping-pong racket and foam ball.

This type of racket is worth trying for young children.

Watching the ball on impact in a small racket is crucial and necessary for squash.

6 - Same as 5 but with table tennis ball. The advantage of this ball type is its bounce which promotes rallies.

Finally use different balls with the same racket, and vice versa.

Educational object

Racket and ball control development.

Equipment

Various rackets and various balls.

Squash training for 10 year old kids - 13

Coordination

Drills with can box

1 - The child throws a ball in the air (0.5 - 1 m) with one hand and catches it with the other hand in a can box. This exercise teaches the child to focus on the ball trajectory. Especially if it gets there 5-10 times in a row. Evolutions:

- Vary the ball height with each throw.
- Catch the ball with the non-preferred hand.
- Encourage the child to beat his height record.

Judge the ball precisely to be able to catch it. Very useful later to center the ball hitting in the racket head.

- 2 - 2 children are 2 m opposite each other, each with a can box in their hand. The thrower sends the ball in a bell to the catcher who catches the ball with the can box. And so on. Evolutions:
- The catcher can catch the ball by holding the box with both hands.
- Throw the ball faster and faster and catch it with one hand.

Sending the ball with precision to his partner develops for the future an important skill in directing the ball at a target.

- Catch the ball with the preferred or non-preferred hand.
- Increase the distance and throw height.

Educational object

Improve coordination with trajectories and bounces.

Equipment

Tennis can box and squash balls.

Coordination

Drills with can box

3 - The child stands facing and 1.5 m from the side wall with a ball in his non preferred hand and a can box in the other hand. He throws the ball in a bell towards the wall and catches the ball on the fly, with the box.

Evolutions:

- Start the exercise very close to the wall and catch the ball with either hand.
- After catching the ball 5 times in a row, increase the distance and record the highest score each time.

Encourage children to position themselves on their forward foot to properly catch the ball.

- Catch the ball after the 1st bounce, alone.
- Catch the ball after the 1st bounce, at 2 with a thrower and a catcher.
- Alone, throw the ball in a crossed trajectory then catch it running after the 1st bounce.

Educational object

Improve coordination with trajectories and bounces.

Equipment

Tennis can box and squash balls.