

# **Kids Squash Lesson 1 for 6 year olds**

# Coordination

## **Learn to follow the ball to better manage your swing later**

In the service box, the child holds his racket with both hands and practices golfing putts to a target on the floor.

Evolution: same exercise with one hand, then with the non preferred hand, then positioning yourself on the side.

## **Educational object**

Ball control development and precision.

## **Equipment**

Racket, squash balls, container on the floor.

# **Kids Squash Lesson 2 for 6 year olds**

# Trajectories and control

## **Catch the ball and learn to judge its bounce**

1 - The child drops a ball in front of him and catches it after his 1<sup>st</sup> bounce.

Evolution: catch the ball with the other hand.

2 - The child energetically bounces the ball in front of him, vertically, then he catches it after his first bounce.

Evolution: intercept the ball on the fly.

3 - The child throws the ball in a bell and from below directly to the front wall (3 - 3.5 m), then catches it after the 1<sup>st</sup> bounce.

Evolution: throw the ball over the shoulder.

4 - The child throws the ball to the floor and to the front wall (3 - 3.5 m), then catches it after the 1<sup>st</sup> bounce.

5 - The child throws the ball in a bell and from below directly to the front wall (1 - 1.5 m), then catches it on the fly.

Evolution: catch the ball with one hand.

## **Educational object**

Ball control and trajectory development.

## **Equipment**

Racquetballs.

# Trajectories and control

## **Catch the ball and learn to judge its bounce**

5 - The child throws the ball in a bell and from below directly to the front wall (1 - 1.5 m), then catches it on the fly.

Evolution: catch the ball with one hand.

6 - Standing on a balance cushion, the child holds a ball in each hand. He drops one or the other ball vertically in front of him and then catches it after the 1<sup>st</sup> bounce.

Evolutions:

- Drop the two balls at the same time then catch them after the 1<sup>st</sup> bounce.
- Go from one cushion to another while releasing and retrieving one or the other ball.

7 - The educator throws the blue dot ball into a boast, the child tries to catch it after the 1<sup>st</sup> bounce.

8 - 4 children are placed in a square, 6 m apart. They send each other a ball by bouncing it once and intercepting it on the fly.

Evolution: the educator randomly throws the ball to the children, placed in line in front of him.

## **Educational object**

Ball control and trajectory development.

## **Equipment**

Racquetballs, blue dot ball, balance cushions.

# **Kids Squash Lesson 3 for 6 year olds**

# Control and orientation

## **Games with balloons**

1 - The child starts from mid-court juggling a ball and goes to a basket placed at the side wall. He has to drop his balloon into the basket, without using his hands.

Evolution: same exercise with the racket grip, held by both hands by the frame.

2 - The child is walking on the midline juggling a ball. At the end of the course, he has to drop his ball into the basket, without using his hands.

3 - Children walk the court across the width with a racket and a balloon. They juggle, with the racket, then with the head, then with the foot, and so on.

4 - The child juggles the ball which has to touch any part of the racket, except the stringed area. The child regularly changes grip (frame, shaft, handle) during juggling and the ball never touches the same point twice in a row.

5 - Children walk the side wall with a racket and a balloon. They move forward juggling while keeping the opposite hand in contact with the wall.

Evolution: go around the whole court.

## **Educational object**

Racket control and orientation development.

## **Equipment**

Rackets, balloons, basket.

# **Kids Squash Lesson 4 for 6 year olds**



# Control and orientation

## **Games with rackets and balls**

1 - Draw goals 2 m wide between the Tin and the service line. The child defends his goals with a racket in each hand. The educator stands at the T and throws in a ball all kinds of balls at the child.

Evolution: the educator mixes the shots towards the floor and directly towards the goals.

2 - The educator is placed at the T and throws in a ball towards the front wall. The child starts from the midline and tries to catch the ball after the first bounce with a flat racket. He brings the ball back to the educator, like a "pizza delivery boy". Even if the ball rolls on the floor, the child has to take it in his racket, without using his hands.

3 - Each child plays with his racket and his beach ball. Children aim at each other by hitting the ball on the floor with the racket, like a hockey player. Each child starts with "5 lives". Every time he is hit, a child "loses a life".

## **Educational object**

Racket control and orientation development.

## **Equipment**

Rackets, beach balls, various balls (racquetball, squash, tennis), scotch tape.

# Control and orientation

## **Games with rackets and balls**

4 - 2 children are each in front of a side wall to defend it with a racket. The height of the goals is at their head's level. They take turns hitting a beach ball on the floor, like a hockey player. Whoever scores the most, wins. The court is separated in the middle by an imaginary line not to be crossed.

5 - The educator is placed between the T and the service box and hits a racquetball in straight and in a bell. The child behind the service box has to prevent the ball from touching the back wall after the 1<sup>st</sup> bounce with his racket, either by hitting or blocking it.

Evolution: move towards the front wall, count points (good exercise for forehand preparation).

## **Educational object**

Racket control and orientation development.

## **Equipment**

Rackets, beach balls, racquetballs.

# **Kids Squash Lesson 5 for 6 year olds**

# Balance

## **Balance games, suitable for 6 to 11 years old children**

1 - The child is standing on a balance cushion placed facing the front wall on the edge of the service box. He throws a racquetball to the floor so it bounces towards him. With the other hand, he catches the ball on the fly in a cylindrical box.

2 - Same as 1 but the child moves on 2 balance cushions and adopts slightly crossed trajectories on his throws.

Evolution: the child throws the ball from below directly towards the front wall and intercepts it on the fly.

3 - The child stands on a balance cushion and juggles a balloon on his racket.

Evolution: balanced on one leg.

4 - Same as 3 but the child alternately moves on 2 balance cushions, while juggling.

5 - The child juggles a balloon, in place and balanced on one leg.

Evolution:

- Vary types of balls and balloons.
- Throw the ball as high as possible.
- Change legs every 5 - 10 seconds while juggling.

## **Educational objects**

- Work on balance and on concentration.
- Development of proprioception and of racket control.

## **Equipment**

Rackets, balloons, racquetballs, balance cushions.

# **Kids Squash Lesson 6 for 6 year olds**

# Control

## Games with baskets and accessories

1 - Draw a straight course with 4 or 5 delimiting cups on the floor, 2 - 3 m from a short angle, place 2 cones to define a goal, in the corner place a rectangular target on the floor. The child pushes a squash ball with his racket so it snakes between the obstacles, then he brings the ball to place it between the goals. Once the ball is stationary, it places itself to hit a forehand shot towards the target in the corner.

2 - Place a rectangular basket near a side wall, in a service box. The child starts from the midline by bouncing a ball (foam or racquetball) on the floor with his racket. The goal is to drop the ball in the basket before the 10<sup>th</sup> bounce.

3 - The child is placed on the service box (midline) and on the side. He hits squash balls in forehand volley so as to drop them in the basket after touching the side wall. Evolutions:

- a) Move away from the basket.
- b) Hits (always on the side) after the 1<sup>st</sup> bounce with foam or racquetballs.
- c) Same balls as b) hit on the fly to the wall with the basket placed in the middle of the service box.
- d) Same b) with 2 baskets aligned in the service box. The child hits on forehand and in backhand. The educator drops the ball (different types) so the child can concentrate on his shot.

## Educational object

Ball tracking and control development.

## Equipment

Rackets, cups, baskets, cones, accessories, various balls (squash, racquetball, tennis, foam).

# Games

## **Games with baskets and accessories**

4 - 2 baskets are placed lying at the front wall. The child stands at 2.5 - 3 m and hits the ball placed on the floor, in forehand and positioned on the side. He has to bring any type of ball into one of the 2 baskets.

Evolution: hitting in backhand, always positioned on the side. Do not follow-through the ball by raising the elbow.

5 - Place 2 baskets one on the other so as to make a pedestal; put a ball (foam or racquetball) on it. The child stands next to the pedestal and continuously hits a ball on the floor with his racket. While hitting, he takes the ball on the pedestal with the other hand, then puts it back in its place. Evolutions:

- Same exercise while juggling the ball.
- Same exercise by letting the ball bounce on the floor between each juggling.

6 - "The infernal tower": 2 baskets are always installed one on top of the other in the same place. From T the child makes forehand half-volley shots, positioning himself on the side. The goal is to touch baskets. You can place a cylindrical box on the 2<sup>nd</sup> basket to increase the height of the "tower".

## **Educational object**

Ball tracking and control development.

## **Equipment**

Rackets, baskets, accessories, various balls (squash, racquetball, tennis, foam).

# **Kids Squash Lesson 7 for 6 year olds**



# Trajectories and control

## **Suited games for 5 to 10 years old children**

1 - The child is placed at T facing the educator and in profile with respect to the front wall. He is holding his prepared racket. The educator placed in front of the child, drops a ball between them 2 then the child performs a straight forehand shot after the 1<sup>st</sup> bounce. Evolutions:

- Hit different types of balls, at different heights.
- The educator throw up the ball, the child hits a straight forehand volley.
- The educator throws the ball lower and lower, then only releases the ball. The child shortens his preparation on the straight forehand volley.

2 - Same as 1 for positioning. The child throws the ball for himself, hits in straight forehand half volley.

3 - Same as 2, then the child catches the ball returned by the front wall with the other hand (volley or half volley).

4 - Same as 2, the child stands 2.5 - 3 m from the front wall, then after his shot he catches the ball returned by the front wall and keeps it in his racket (volley or half volley).

5 - Same as 1 for positioning. The child throws the ball for himself at different heights and hits a straight forehand volley.

6 - Same as 5. The child crosses his shot towards the opposite angle in forehand volley (introduction to service).

## **Educational objects**

- Ball tracking and control development.
- Learn different hitting moments with obtained trajectories, and follow-through.

## **Equipment**

Rackets, balls (racquetball, foam, blue dot).

# Trajectories and control

## **Suited games for 5 to 10 years old children**

7 - The child places himself on the service box. From the T, the educator distributes balls in the child  $\frac{1}{4}$  court who has to return the ball in forehand cross to the educator. The educator performs slowly all types of shots (boast, crossed, lob), so as to give the child time to replace and organize.

## **Educational object**

Teach the child to move in the different areas of his action field.

Appreciate various trajectories to catch a ball.

## **Equipment**

Rackets, balls (racquetball, foam, blue dot).

# **Kids Squash Lesson 8 for 6 year olds**

# Control

## **Drills with Indiaka shuttle and slow bounces**

- 1 - The child stands 1.5 m from the side wall and performs solo shots on the fly.
- 2 - The child and the educator are opposite each other and hit the Indiaka shuttle on forehand volley.
- 3 - Same as 2 but each forehand shot is performed after the 1<sup>st</sup> bounce.
- 4 - Same as 3, each one is placed on either side of the midline, the Indiaka shuttle has to bounce once in its part of the court before being returned to its partner. Count points.

Have all of these exercises with non preferred hand for a 6 years old child.

- 5 - The educator and the child are hitting the Indiaka shuttle each other in turn along the side wall. Encourage the child to position himself correctly to raise the "ball".

Evolution: play with the non preferred hand, play on forehand or in backhand.

## **Educational objects**

Ball tracking and control development.

Learn different shots and follow-through.

## **Equipment**

Rackets, Indiaka shuttle.