

Kids Squash Lesson 1 for 7 year olds, Part 1 of 3

Coordination

Learn to judge bounce and ball speed

1 - The child holds at arm's length and on the side a ball he drops vertically to catch it by the same arm after his first bounce. He does the exercise of each arm.

Evolution: Perform the exercise in front of you.

2 - The child energetically sends the ball to the floor, vertically, then catches it with the same hand on the fly.

Evolution: same exercise with the non preferred hand.

3 - The child stands 1.5 - 2 m from the side wall and throws a ball over his shoulder to the floor so it bounces off the wall. He catches the ball after the 1st bounce on the floor, then returns it again and so on.

Evolution: same exercise with the non preferred hand.

4 - The child stands 2.5 - 3 m from the side wall and sends a ball over his shoulder directly to the wall. He catches the ball after the 1st bounce on the floor, then returns it again and so on.

Evolution: same exercise with the non preferred hand.

Educational object

- Ball control and space orientation development.
- Improve coordination with a moving object in the air.

Equipment

Racquetballs.

Coordination

Learn to judge bounce and ball speed

5 - The child stands 1 - 1.5 m from the side wall and throws a ball below his shoulder directly to the wall. He catches the ball on the fly, then throws it again and so on.

Evolution: throw with one hand, catch with the other hand.

6 - The child stands 2 - 2.5 m from the side wall and throws a ball over his shoulder directly to the wall. He catches the ball on the fly, then throws it again and so on.

Evolution: throw with one hand, catch with the other hand.

7 - The child places himself in front of a side wall, he throws a ball above or below his shoulder to the opposite wall. He stays in place and catches the ball after his last bounce and before it hits the wall.

Evolution: catch the ball after a single bounce => lengthen the trajectory.

Educational object

- Ball control and space orientation development.
- Improve coordination with a moving object in the air.

Equipment

Racquetballs.

Kids Squash Lesson 1 for 7 year olds, Part 2 of 3

Control

Introduction to secure racket grip and a firm wrist

1 - The child is walking along a course with a ball placed on the strings. The goal is not to drop the ball. The racket is held with both hands.

2 - The child remains in place and spins a ball slowly around racket head. The goal is to make as many turns as possible without dropping the ball. The racket is held with both hands.

Evolutions:

- The racket is held with one hand.
- Perform the exercise with non preferred hand.
- Change of ball type.
- Exercise balanced on one leg.
- Alternate the supporting leg during exercise.
- Add the above evolutions (in balance, non preferred hand, etc.).

Educational object

Racket and ball control development.

Equipment

Racket, squash balls (blue or usual), racquetballs, plastic hand ball, straw ball, cups and cones for the course.

Control

Introduction to secure racket grip and a firm wrist

3 - Children go back and forth between side walls with a straw ball in their racket. The goal is to achieve the greatest number of round trips in a period of time without dropping the ball. The racket is held with one hand.

4 - 3 children make a chain and pass the straw ball from racket to racket. The third child drops the ball with his racket in a basket. The racket is held in both hands, the children perform the exercise at each station.

5 - Each child performs a course with a straw ball in his racket. The goal is to make the greatest number of trips in a given period of time, without dropping the ball. The racket is held with both hands. Evolution: the racket is held with one hand.

6 - Each child performs a simple course with a racquetball or tennis ball in his racket. At the signal, the child must stop, without dropping the ball. The racket is held with one hand. Evolutions:

- Vary dimensions of the ball (straw ball, hand ball, etc.).
- Put several different balls in the racket.

Educational object

Racket and ball control development.

Equipment

Racket, squash balls (blue or usual), racquetball ball, plastic hand ball, straw ball, cups and cones for the course.

Kids Squash Lesson 1 for 7 year olds, Part 3 of 3

Games

Game playing with the educator and a child

- 1 - The educator plays with the non preferred hand, the child plays normally.
- 2 - The educator has to last the rallye while varying his trajectories, the goal is to maintain a good rhythm for the child.

Educational object

- Teach the child to control his movement on a trajectory in different parts of the court.
- Control of distances to be respected.

Equipment

Rackets, squash ball (pretty fast).

Kids Squash Lesson 2 for 7 year olds, Part 2 of 3

Control

Introduction to ball hitting and control

1 - The child vertically throws a racquetball placed on his racket head. The goal is to catch the ball after its 1st bounce. The racket is held in one hand. Evolutions:

- a) Change hands.
- b) Backhand gesture, palm down.
- c) Chain a forehand shot in the air after the 1st bounce and so on.
- d) Idem c) with a forehand shot, a bounce, then a backhand shot, etc.
- e) Same as c) but only on $\frac{1}{4}$ of the court.
- f) Same as d) but only in front of the midline.
- g) In lane 1 and 2 behind the midline, racket held with two hands. Then hold the racket with one hand, then change hands.
- h) Same as c) in the service box only.
- i) Same as h) with a forehand shot, a bounce, then a backhand shot, etc.

2 - Play between the educator and the child: each one places himself in the service box and hits the ball in a bell so it bounces between the service box and the midline, and so on.

Evolution: make a ball control then let it bounce before sending it back to its partner.

Educational object

Ball control development.

Equipment

Rackets, racquetballs.

Kids Squash Lesson 2 for 7 year olds, Part 3 of 3

Games

Introduction to front game

The educator and the child are placed on either side of the midline. The educator shots slowly a racquetball to the child, who in turn shots after the 2nd bounce. The ball is exchanged lower and lower and more and more slowly.

Evolutions: play with a slow foam ball.

Educational object

Discovery of a squash match adapted to child's level and age.

Equipment

Rackets, racquetballs, foam balls.

Kids Squash Lesson 3 for 7 year olds, Part 1 of 3

Trajectories

Learn to judge ball speed and bounce

1 - The educator faces the child and throws vertically a ball. The child catches the ball with both hands after the 1st bounce.

Evolution: Catch the ball with one hand, then on the fly.

2 - The educator and the child are placed 1.5 - 2 m from the side wall, on either side of the same line. The educator sends a ball to the floor and bounces it in a bell towards the child. Child catches ball after 1st bounce.

Evolution: The child becomes a thrower.

3 - The educator faces the child and bounces a ball vertically and as high as possible. The child catches the ball with one hand on the fly and then makes the same gesture towards the educator, and so on.

Evolution: Change hands to throw and catch.

Educational object

Estimate of trajectories, speed and movements variation.

Equipment

Racquetballs.

Trajectories

Learn to judge ball speed and bounce

4 - The educator and the child are placed on either side of the midline, facing the side wall. The educator throws a ball in a bell into the $\frac{1}{4}$ court, then the child moves forward to intercept it on the fly.

Evolution: Intercept the ball with one hand, change ball type (foam small or big, squash blue or black).

5 - Same as 4 but the educator holds a different ball in each hand and when throwing, he only drops one. The child has to adapt his movement according to the ball type.

6 - Idem 5 but the educator holds 3 balls of the same type and different colors in his hands. At the throwing moment he announces the color of the ball to intercept. The child has to adapt his movement according to the announced ball.

Educational object

Estimate of trajectories, speed and movements variation.

Equipment

Racquetballs , foam balls (small or big), squash balls (black and blue).

Kids Squash Lesson 3 for 7 year olds, Part 2 of 3

Balance

Learn to control the ball and racket while moving

1 - The child moves from the service box to another square area drawn near the front wall, with a large foam ball in his racket. Arrived on zone, he drops the ball then catches it in the racket head after the 1st bounce. The child then returns to the service box, and so on. The child will make no more than 2 round trips between the squares. Evolutions:

- With a straw ball.
- With a racquetball.
- With a squash ball.
- With 4 square areas drawn around the court.
- With obstacles between the areas.

Educational object

Development of racket control and proprioception.

Equipment

Racket, straw ball, racquetballs, foam balls (small and big), squash balls (black and blue).

Kids Squash Lesson 3 for 7 year olds, Part 3 of 3

Movement and balance

Ball control during movement

1 - The child moves across the width, then along the length, then around the court while juggling the ball. Between each juggle, he drops the ball in front of him then performs a control after the 1st bounce. The child has to move forward regularly.

Evolutions: stand still, in a service box.

2 - The child moves along the walls in side steps and throwing the ball in a bell towards the wall, facing forward. He re-shots the ball after the 1st bounce and so on.

Evolutions: let the ball bounce twice between each shot.

3 - Same as 1 but juggling only.

4 - Idem 1 but by hitting the ball towards the floor, continuously.

5 - Idem 1 but by trotting (or by walking) with a different ball in the racket during each course.

6 - Same as 2 but with ball control in the racket before each shot in a bell.

Educational object

Place the child in front of several situations which combine movement, balance and concentration.

Equipment

Racket, racquetballs, foam balls (small and big), squash balls (black and blue).

Movement and balance

Ball control during movement

7 - The child moves in front of the front wall but facing the side wall and throws the ball in a bell, facing forward. When it gets close to the side wall, it hits a boast in a bell and continues moving in the other direction but hitting in backhand, and so on.

8 - The child places himself 2.5 - 3 m from the front wall in lane 2 then hits a forehand straight in a bell then a shot in a bell on the side wall, then he moves one step back and hit a forehand straight again then a ball on the side wall and so on.

9 - The child moves in front of the courts, hitting the ball facing forward. He avoids obstacles during his shots and maintains a constant pace in his course.

10 - The child can repeat exercise 1 but he moves along and in front of the 1st bleacher, juggling the ball. Between each juggle, he drops the ball in front of him on the bleacher then performs a control after the 1st bounce. The child must move forward regularly.

11 - The child can repeat exercises 1 and 4 by performing round trips while walking on the 1st bleacher. The ball falls or is struck at the base of the 1st bleacher.

Educational object

Place the child in front of several situations which combine movement, balance and concentration.

Equipment

Racket, racquetballs, foam balls (small and big), squash balls (black and blue).

Kids Squash Lesson 4 for 7 year olds, Part 1 of 3

Trajectories

Learn to judge the bounce and reception speed of a ball

1 - The child is on the T, the educator sends a ball from any point on the court, towards the front wall. The child should catch the ball as quickly as possible and before it bounces several times. After returning the ball to the educator, the child returns to the T and so on.

2 - 2 children are placed in a square base delimited in front of the T. One throws the ball high towards the front wall, while the other goes to recover the ball to bring it back to its base. The thrower will touch the side wall on his right and then return to the base. The first to arrive at the base wins.

Evolutions:

- The thrower aims to one of the side walls.
- The thrower returns to base after touching the side wall and before the catcher catches the ball.

Educational object

- Appreciate various trajectories to catch a ball.
- Make the child aware of how to throw the ball and the target to be hit.
- The child has to aim at a high target and understand the ball downward trajectory to try to catch it.

Equipment

Racquetballs, foam ball (big).

Kids Squash Lesson 4 for 7 year olds, Part 2 of 3

Trajectories and positioning

Self-distributing the ball with a target, gives children a glimpse of the correct positioning

1 - The child is placed in the service box. The target to be reached is approximately 1.2 m square in front of the court. There are 3 possibilities for the child to hit his forehand straight towards the target: on the fly, or by bouncing the ball in front of him, or by sending it towards the side wall and hitting it after the 1st bounce. Sensitize children to open their racket during preparation and hitting. Evolutions:

- a) Return the ball in straight in the service box (in a row),
- b) Return the ball in cross to the opposite service box (in a row),
- c) Return the ball in cross in the front $\frac{1}{4}$ section of opposite lane 1,
- d) Make forehand straight shots from the square target (always with the 3 strike possibilities). Make the child aware of the nick concept and the follow-through concept with the swing.
- e) Same as d) but hit towards corner.

2 - Same as 1 d) but in backhand. Let the child do a few shots and then correct it. Show the correct positioning of the pelvis and shoulders as soon as possible. Children should have a short swing gesture to avoid compensating with their wrist.

Educational object

- Get the child used to short and long trajectories.
- Educate the child on how to position themselves according to the target to be reached.

Equipment

Racket, racquetballs, squash ball (blue).

Kids Squash Lesson 4 for 7 year olds, Part 3 of 3

Trajectories

A good way to move on the court while improving your skills

1 - The child is on the T with a landing net (otherwise, a racket). The educator in front of him sends ball to lane 2 just behind the service box. The child has to catch the ball in forehand volley and then store it in a basket.

2 - Children play in pairs with a thrower (several foam balls on the floor) and a catcher with a large landing net (butterfly net) on $\frac{1}{4}$ court:

- The thrower hits the ball (after the 1st bounce) from where he is.
- The catcher tries to intercept the balls on the fly or after the 1st bounce.
- Only count the balls caught after the 1st bounce (or on the fly).
- The balls missed by the catcher are put back into play.
- Have the thrower send relatively easy balls for his partner to catch.
- Correct the opening of the racket head for the thrower and make his swing slow.
- Vary distances between thrower and catcher, while keeping ball control.
- Encourage the thrower to stand on the side to send the ball to the catcher.
- Count elapsed time to catch all balls in the net.
- Evolution: use a smaller net.

Educational object

- Get the child used to short and long trajectories.
- Make the child aware of how to throw the ball and the aimed target.

Equipment

Rackets, squash balls (blue), foam balls, butterfly net (or landing net).

Kids Squash Lesson 5 for 7 year olds, Part 1 of 3

Control

Distribution by educator

1 - The educator and the child are on each side of the T. The educator throws the ball in uncrossed forehand to the child, who strikes a forehand straight or a forehand cross after the 2nd bounce:

Use different ball types.

A white ball allows the child to concentrate better.

Self-distribution

2 - The child stands 1.5 - 2 m from the side wall and throw in a bell after the 1st bounce while moving in one direction, then in the other. Evolutions:

- Stand on your side to hit the ball.
- Slow squash ball but with shots a little more in a bell.
- Add ball control and then a bounce between each shot.
- Move away from the wall while maintaining the same shot rate (without control).
- Stand on your side to hit the ball, as quickly as possible.
- With regular shots in a bell, go around the entire court.

Educational object

Ball control development.

Equipment

Rackets, racquetballs, squash balls (blue, black), foam balls.

Kids Squash Lesson 5 for 7 year olds, Part 2 of 3

Control

Various drill with two rackets and foam balls

1 - The child holds a ball between two rackets. He dismisses the rackets, the ball falls, he tries to catch the ball between the two rackets after the 1st bounce. Evolutions:

- Throw the ball higher and higher.
- Do the exercise for two by sending the ball from each serving box.
- Try to catch the ball on the fly (always two).
- The thrower sends the ball to the front wall, then the catcher catches it after the 1st bounce. With this exercise the child will naturally place his racket behind him to be able to throw the ball.
- Make a game by throwing the ball over the service line and receiving at the 2nd bounce.
- Make a free game with a foam ball, a thrower, a catcher and a bounce before each reception.

2 - The child is holding two rackets. He hits the ball in forehand vertically in front of him and then tries to catch it on the fly with his two rackets. Otherwise, he catches the ball after the 1st bounce. Evolutions:

- The child holds a ball between two rackets, sends it to the side wall on the fly, then tries to catch it on the fly with its two rackets. Otherwise, he catches the ball after the 1st bounce.
- The child holds a ball between two rackets, drops it to the floor to hit a forehand shot in a ball to the side wall, then catches it with his two rackets after the 1st bounce.

Educate children on the principle of hitting balls on the side rather than in front of them.

Educational object

- Racket control development.
- Appreciate various trajectories to catch a ball.
- Solicit the whole body during throws or plays (preparation, follow-through).

Equipment

Rackets, foam balls (small and big).

Kids Squash Lesson 5 for 7 year olds, Part 3 of 3

Adaptation

Solo drills

1 - The child hits a foam ball with the palm of the hand towards the side wall, after the 1st bounce. He moves in the same direction then comes in back steps, and so on. Evolutions:

- Change hands, use both hands.
- Let the ball bounce twice or more for less difficulty.
- Use different ball types.
- Do the exercise in pairs, hitting each in turn. The ball should not roll.
- Use table tennis, beach ball, paddle or racquetball rackets.
- Make the rally last as long as possible, hit the balls slowly and in a bell. Use white balls to focus attention.
- Use mini-squash or junior squash rackets.
- Alternate forehand and backhand shots.
- Use normal squash rackets.

Educational object

- Arm speed dosage and skill development (follow-through).
- Use appropriate equipment, depending on the child's capabilities.

Equipment

Various rackets, various balls (foam, tennis, racquetball, squash, etc).