

Kids Squash Lesson 1 for 8 year olds

Trajectories

Learn to judge bounce and angles on the court (suitable for 5 to 10 years old children)

1 - The child stands between the back wall and the right service box. From the midline, the educator hits one by one a straight long shot (normal ball) which bounces before the back wall. The child has to position to catch the ball (preferably with one hand) after bouncing on the back wall.

Evolution: change ball type.

2 - The child is standing in the service box. The educator plays from the left side of the court and causes the ball to hit the side wall as it falls. The child has to position himself to catch the ball on the fly (with both hands) and before it touches the floor (introduction to service return).

Evolution: get closer to the front wall for beginners.

Educational object

- Appreciate various trajectories (straight, cross, boast).
- The child has to understand the ball downward trajectory to try to catch it

Equipment

Racket (educator), various balls (squash, racquetballs, foam).

Trajectories

Learn to judge bounce and angles on the court (suitable for 5 to 10 years old children)

3 - The child stands in front of the right service box. The educator hits a boast from the left side so the ball falls into a bell. The child has to move to catch the ball after its 1st bounce.

4 - 2 children are placed on either side of the T. They take turns throwing the ball (racquetball, foam) in a bell towards the front wall so it comes to bounce in front of the catcher. The ball has to be caught after the 1st bounce.

Evolutions:

- Beginners can catch the ball after several bounces.
- Change of ball type.

Educational objects

- Appreciate various trajectories (straight, cross, boast).
- The child has to understand the ball downward trajectory to try to catch it.

Equipment

Racket (educator), various balls (squash, racquetballs, foam).

Kids Squash Lesson 2 for 8 year olds

Control

Learn to judge the bounce

1 - The child holds his racket flat with a foam ball on it. He drops the ball in front of him and catches it with his racket after the 1st bounce. Evolutions:

- Change of ball type.
- Throw the ball in one hand, catch it with your racket in the other hand.

2 - The educator and the child stand 3 m apart. The educator throws the foam ball towards the child who has to catch and keep the ball in his racket after the 1st bounce.

3 - 2 children stand 3 m apart. They throw each other a foam ball while carrying it flat with the racket. The catcher catches and keeps the ball in his racket after the 1st bounce. And so on.

Evolution: vary throw heights, throw the ball by hand.

Educational object

Racket control development.

Equipment

Rackets, various balls (squash, racquetballs, table tennis).

Control

Learn to judge the bounce

4 - 2 children stand 2.5 - 3 m from the side wall. One throws a foam ball in a bell towards the wall, the other catches the ball in his racket after the 1st bounce. And so on. Evolutions:

- Vary throws (floor then wall, over the shoulder, in a bell from below).
- Throw the ball by carrying it flat with the racket.
- Solo and continuously in a bell trajectory.
- Solo and continuously with balls thrown with the racket over the shoulder.

5 - The child holds his racket flat with a foam ball on it. He spins himself while keeping the ball on the racket. He can hold his racket with 2 hands. The goal is to make the most laps without dropping the ball.

6 - The educator and the child are 3 m apart on either side of the T. The educator sends the foam ball towards the child who has to intercept and keep it in his racket after the 1st bounce. Evolutions:

- Vary trajectories (in a bell, boast) and lengths.
- Vary ball types.

Educational object

Racket control development.

Equipment

Rackets, various balls (squash, racquetballs, foam).

Kids Squash Lesson 3 for 8 year olds

Preparation and hitting

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 holds his prepared racket on forehand and then hits. The racket head moves from top to bottom.

2 - The educator stands with outstretched arm facing the child with a small foam ball suspended 1 m from the floor. The child holds his prepared racket on forehand and then triggers his volley. The racket head moves practically on the same plane.

3 - The educator stands with his outstretched arm facing the child with a small hanging foam ball and makes a pendulum movement back and forth. The child holds his prepared racket on forehand and then hits the moment the ball is closest to him. He has to take his time on the bust rotation and on the hit.

4 - The educator stands facing the child with a small hanging foam ball rotating clockwise. The child holds his prepared racket on forehand and then throws his volley when the ball is closest to him and at his shoulder. He has to take his time on the bust rotation and on the hit.

Educational objects

- Preparation and positioning development.
- Development of the stages synchronization concept until striking.

Equipment

Racket, foam ball, wire.

Preparation and hitting

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

5 - The educator stands 4 m facing the child with a small hanging foam ball rotating. The child moves prepared racket on forehand, places himself, and then hits when the ball is closest to him. He has to coordinate his move towards the ball and his hit, at the right time.

6 - The educator stands with outstretched arm facing the child with a small foam ball wrapped around a wire. The educator drops the ball. The child holds his prepared racket on forehand and then hits. The racket head moves from top to bottom if the wire is fully unwound. Otherwise, the racket head moves practically on the same plane, as for a volley.

Educational object

Development of the moves, of preparation and of positioning.

Equipment

Racket, foam ball, wire.

Kids Squash Lesson 4 for 8 year olds

Positioning and hitting

Solo drills

1 - The child is 3 m from the front wall and 1.5 m from the side wall. He throws a ball towards the side wall, lets it bounce on the ground then hits in forehand straight towards the service line. The child stands facing the side wall when hitting the ball.

2 - Same as 1 for distances and positioning. The child sends his ball to the front wall and hits in forehand straight to the service line after the 1st bounce. He tries to hit continuously.

3 - Same as 1 for distances and positioning. The child sends a ball to the floor towards the side wall, lets it bounce again to the floor and then hits in forehand straight towards the service line.

4 - Same as 1 for distances and positioning. The child sends a ball to the floor towards the side wall, lets it bounce on the wall and then hits directly in forehand straight to the service line.

5 - Same as 1 for distances and positioning. The child sends his ball to the floor towards the front wall, lets it bounce again to the floor then hits in forehand straight towards the service line.

6 - Same as 1 for distances and positioning. The child sends a ball to the side wall and then hits the ball in forehand straight to the service line.

Educational objects

- Work on positioning and appreciation of distances from the ball.
- Work on target to be reached when hitting the ball.

Equipment

Racket, foam ball or racquetballs.

Positioning and hitting

Solo drills

7 - The child is 2 m from the front wall and 2 m from the side wall. He throws a ball in the corner and towards the front wall, lets it bounce on the side wall and on the floor, then hits in forehand straight. The child stands facing the side wall at the time of the hit. He can hit in forehand straight volley.

8 - Same as 7 for distances and positioning. The child sends the ball to himself and hits in forehand straight volley.

Educational objects

- Work on positioning and appreciation of distances from the ball.
- Work on target to be reached when hitting the ball.

Equipment

Racket, foam ball or racquetballs.

Kids Squash Lesson 5 for 8 year olds

Preparation and positioning

Drills to anticipate preparation

1 - The educator distributes crossed balls from the left service box. The child starts from T then takes 3 steps to the right corner and takes a position to hit the ball I forehand cross after the 1st bounce.

2 – Same as 1 but the educator distributes shorter cross-balls. The child has to make a bigger move before positioning himself and hitting in forehand cross after the 1st bounce.

3 – Same as 1 but the educator distributes crossed balls which bounce on the right side wall. The child has to adjust his move before positioning himself and hitting in forehand cross after the 1st bounce.

4 – Same as 3 but the educator distributes increasingly long crossed balls which bounce on the right side wall. The child has to adjust his move to the side before positioning himself and hitting in forehand cross after the 1st bounce. He has to find one's bearings in relation to the side wall.

5 - The educator goes to the T and distributes straight long ones which bounce directly on the back wall. The child is in position between the educator and the back wall, then takes 3 steps backwards and positions himself to hit the ball in forehand straight after the 1st bounce.

6 – Same as 1, 2, 3 and 4 with a random distribution. The child has to adjust his moves before positioning himself and hitting in forehand cross after the 1st bounce.

Educational objects

- Work on racket preparation as soon as moves begin.
- Work on positioning and hitting.

Equipment

Racket, foam ball or racquetballs.

Kids Squash Lesson 6 for 8 year olds

Coordination

Badminton net drills (suitable for 5 to 10 years old children)

1 - Install a badminton net on the midline. Children play 2 against 2 and hit a beach ball in volley. The ball should not bounce on the floor. Successive hits in half court and on side walls are allowed.

2 – Same as 1 but the child is in dual opposition with the educator who hits the ball in a bell, looking for various trajectories. The goal is to move the child on his half part of the court. Successive hits in half court and on side walls are allowed.

3 - Same as 2 with 2 children in dual opposition and direct hits.

4 - The net is placed at the height of a mini-tennis court. The child is in dual opposition with the educator and they play with a foam ball. A single shot is allowed with the possibility of a bounce on the floor and on the side wall.

5 - Same as 4 but the child and the educator systematically hit the ball (foam) in a bell on the back wall or on the front wall so it bounces behind the net. The ball is hit after the 1st bounce.

Educational objects

- Work on racket preparation and racket head opening.
- Work on positioning and coordination.

Equipment

Racket, beach ball, foam ball.

Kids Squash Lesson 7 for 8 year olds

Control

Simple and repetitive drills to quickly learn to control the ball

1 - The educator and the child are opposite each other (2 m) on the court center line and on either side of the T. Each hits the ball in forehand and in a bell towards the side wall so it bounces off the center line. The goal is to make the rally as long as possible. The impact point at the time of the shot is located at the level of the T.

2 - The 2 children are placed on the midline, each at their service box. They hit balls in a forehand cross and in a bell. The goal is to make the rally as long as possible.

Educational object

Ball control development.

Equipment

Racket, foam ball or blue dot ball, by level.

Control

Simple and repetitive drills to quickly learn to control the ball

- 3 - The child stands in front of the side wall and hits the ball in forehand straight in a bell so it bounces in the service box. The goal is to have the most hits after the 1st bounce.
- 4 - In his service box, the child hits the ball from below and vertically after the 1st bounce. The goal is to have as many hits as possible.
- 5 - Same as 3 but the child stands on the side to chain his hits.
- 6 - Same as 3 but 2 children take turns hitting the ball while maintaining the ball bounce in the service box.
- 7 - Same as 3 but the child stands in front of the court back wall (2 m away) as a target. He continues the hits in front of him and on the side. The 2nd child can be placed as a target (stationary or moving) in front of the door, back turned (foam ball mandatory).

Educational object

Ball control development.

Equipment

Racket, foam ball or blue dot ball, by level.

Kids Squash Lesson for 8 year olds (1/17)

Trajectories

Drills with racquetball

The educator and the child are on either side of the midline and hit the ball in cross (forehand and backhand).

Each defends his half-court and the ball has not to cross the midline.

Boast and volley are allowed, the ball has to bounce before the midline.

Each player starts with "5 lives".

If the ball crosses the midline, the concerned player loses "one life".

Educational objects

- Trajectories discovery (cross, boast, lob).
- Learn to control arm speed and understand how it affects the length of the shot.

Equipment

Racket, racquetballs.

Kids Squash Lesson for 8 year olds (2/17)

Trajectories

Drills with a can box and a racquetball

The child stands at the corner of the service box near the T.

He is holding the can box with the ball inside.

He throws the ball directly at the front wall over his shoulder.

The goal is to throw with a relaxed arm and balanced on the good supporting leg.

The forehand rotation is stimulated with this type of throw, which is crucial for the swing gesture.

The child tries to retrieve the ball returned from the front wall in his box. He has to move and then position himself correctly in relation to the ball trajectory.

Educational object

The child has to aim at a high target and understand the ball downward trajectory to try to catch it.

Equipment

Tennis can box, racquetballs.

Kids Squash Lesson for 8 year olds (3/17)

Orientation

Drills with a racquetball

The child stands 4 - 5 m from the front wall.

He throws the ball directly in a bell towards the front wall.

He moves relative to the ball trajectory, waits for the 1st bounce then performs a footballer's head towards the front wall.

The goal is to get well under the ball to perform the head.

Shots in a bell are easier to negotiate than over the shoulder.

Educational object

Development of 2 types of orientations:

- Find your way in space,
- Where is the object in space.

Equipment

Racquetballs.

Kids Squash Lesson for 8 year olds (4/17)

Trajectories

Drills with a racquetball

The child stands 3 - 4 m from the front wall.

He hits the ball directly in a bell towards the front wall in forehand and positioning himself on the side.

It moves relative to the ball trajectory, waits for the 2nd bounce then hits the ball directly in a bell towards the front wall in backhand and by positioning himself on the side.

The goal is to alternate these two types of shots for as long as possible.

Waiting for the 2nd bounce increases the exercise duration, decreases the ball speed and better controls each shot.

Evolution: hit from the 1st bounce and with a foam ball.

Educational object

Work on positioning and on distances appreciation from the ball trajectory.

Equipment

Racket, racquetballs, foam ball.

Kids Squash Lesson for 8 year olds (5/17)

Synchronization

Drills with a ball tied to a wire

1 - From the side wall, the educator advances in front of the child with a small hanging foam ball rotating clockwise.

While backing up, the child holds his prepared racket on forehand and then hits when the ball is closest to him.

The child must trigger his swing at the same time as he appreciates the distance which separates him from the ball.

When the child is close to the other side wall, the educator moves backwards and the child continues his forehand shots as he advances.

Backing up is a difficult but very common movement in squash. Better to learn it from an early age.

The child should move with the educator rather than waiting for the ball to come to him.

Educational objects

- Development of preparation and positioning.
- Development of the synchronization steps notion until hitting.

Equipment

Racket, foam ball, wire.

Synchronization

Drills with a ball tied to a wire

Evolutions:

- Increase ball rotation.
- Move forward and backward at random.
- Rotate the ball anticlockwise (more difficult to hit a ball with a downward trajectory).
- The child hits on backhand, the educator turns the ball with his left hand.

2 - The educator stands with outstretched arm facing the child with a foam ball tied 50 cm from the floor.

The child holds his prepared racket on forehand and then hits.

The shot should be as strong as possible so the ball spins the most around the arm.

The foam ball allows the child to accelerate their swing as quickly as possible.

Educational objects

- Development of preparation and positioning.
- Development of the synchronization steps notion until hitting.

Equipment

Racket, foam ball, wire.

Synchronization

Drills with a ball tied to a wire

Evolutions:

- a) The child hits in backhand.
- b) The educator remains in his place but the child must move at least 3 steps towards the educator while having his racket prepared. The shot should be as strong as possible so the ball spins the most around the arm.
- c) Same as b) but the child hits in backhand.

A slightly heavier ball (tennis ball) makes it easier to spin.

A foam ball is better for arm movement because it speeds up the swing.

These exercises take all the pressure off the child to improve their arm movement.

Educational objects

- Development of preparation and positioning.
- Development of the synchronization steps notion until hitting.

Equipment

Racket, foam ball, tennis ball, wire.

Kids Squash Lesson for 8 year olds (6/17)

Control

Drills to provide touch with golf chipping net

1 - The child hits a racquetball in a bell and in forehand volley towards the left side wall. He has to ensure the ball falls into the net in front of him and 1.5 m from the walls, front and left side.

He hits continuously after the 1st bounce until he reaches the target.

Evolutions:

- Vary the distance of the chipping net from the front wall to improve differentiation.
- Vary ball types.
- First, drop the ball on the floor and then hit it in a bell towards the side wall to send it into the net.
- Starting with the prepared racket will slow down the swing.
- One of the goals is a slow swing with an accented follow-through.
- With 3 configurations, vary distances and ball types.
- Then, the ball should bounce off the side wall and once on the floor just before falling into the net.

Educational object

Ball control development.

Equipment

Racket, racquetballs, various balls (foam, tennis, squash blue), chipping net (or equivalent).

Control

Drills to provide touch with golf chipping net

2 - The net is 2 m from the front wall and 1 m from the right side wall. The child is positioned on the side 1 m to the left of the net. He hits a racquetball ball in forehand straight to the front wall. He has to make sure the ball falls directly into the net.

3 - The net is in the same place. The child is positioned opposite the right angle 2.5 m from the 2 walls. He drops a racquetball on the floor and hits it on forehand toward the corner of the front and side walls. He has to ensure the ball falls directly into the net from the side wall.

Evolution: vary hitting angles, distances, ball types.

The contact point should be behind you (relative to the front wall) in order to maintain a correct angle (avoid move forward your wrist and forearm when hitting).

Practice a correct contact point so as not to change the swing.

Educational object

Ball control development.

Equipment

Racket, racquetballs, various balls (foam, tennis, squash blue), chipping net (or equivalent).

Kids Squash Lesson for 8 year olds (7/17)

Control

Introduction to drop shot with golf chipping net

1 - The child hits a squash ball in forehand volley toward the net 1 m in front of him.

Evolutions:

- Take a step back after a number of successful shots.
- Check how far each child is able to hit successfully.
- Vary ball types according to the age of the children.

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 a follow-through towards the target.

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

Educational object

Ball control development.

Equipment

Racket, racquetballs, various balls (foam, tennis, squash blue), chipping net (or equivalent).

Control

Introduction to drop shot with golf chipping net

2 - The child drops a ball on the floor and then hits it in forehand towards the net 3 m in front of him.

Evolution: vary the ball types according to the age of the children.

The short preparation is a good way to encourage the child to hit from the side wall. In this way the child has no other choice than a short preparation followed by prolonged follow-through to generate the necessary speed.

3 - Game with 2 children A and B in each service box and the net placed at T:

Child A drops a racquetball (or foam ball) to the floor and then hits it in forehand towards the net in front of him.

Child A continues to hit as long as he reaches the target.

On 1st failure child B resumes exercise, and so on.

The first to 11 points wins, then children change of service box.

Educational object

Ball control development.

Equipment

Racket, racquetballs, various balls (foam, tennis, squash blue), chipping net (or equivalent).

Kids Squash Lesson for 8 year olds (8/17)

Control

Game to limit unforced errors

1 - The child and the educator hit cross balls on the midline. The child has the right to strike twice in a row (straight then cross) in order to adjust his 2nd shot.

This allows the rally to last and make the child progress faster.

In children, the tendency is to hit the ball too hard and with poor control.

2 - Same as 1 but the child hits backhand his second shot. The 1st straight shot must be hit with the maximum of control.

3 – Same as 1 but the child hits backhand his 1st straight shot and forehand the 2nd cross shot.

Many variations are possible with the 2nd shot reaching certain areas (tactics).

The educator can increase the hardness of his shots to increase the pressure or to level up with the child's potential.

Educational object

Development of: the moves, positioning and ball control.

Equipment

Racket, racquetballs or blue dot ball.

Kids Squash Lesson for 8 year olds (9/17)

Control

Drills to ensure a firm grip

1 - The child holds his racket in forehand (palm up). He juggles a straw ball over the racket head. The grip is secured and the ball is stabilized between each juggle. Evolutions:

- a) Throw the ball higher and higher and stabilize its reception by following-through its fall with the racket.
- b) Change hands to speed up the learning process.
- c) Take a racket in each hand (forehand) and throw the ball from one racket to the other. The child has to have the same grip with each racket.
- d) Same as c), but the child stands 1.5 m from the side wall. He throws the ball in a bell towards the wall with a racket, then catches it with the other racket. And so on. To increase the challenge, send and receive the ball on the sides (bust rotation). Throwing the ball in front of you and near the wall is easier.

The straw ball is ideal for this age: it is large enough to encourage the child to stabilize his wrist during reception.

Do not use a too heavy ball: it would cause the child to compensate with an outstretched or tense arm and the exercise would be counterproductive.

Educational object

Racket control development.

Equipment

Racket, straw ball.

Control

Drills to ensure a firm grip

2 - The 2 children are 1.5 m opposite each other. Everyone holds their racket in forehand (palm up). They pass the straw ball with the racket, stabilizing it at each reception. The child can hold his racket with 2 hands.

Evolutions:

- Use larger or smaller rackets. Make sure the leverage is not too great so as not to tire the child's wrist.
- Take a step back after 5 successful receptions. Increase distance to make reception more difficult.
- Have the child send the ball with one hand and gradually increase the distance.
- Encourage children to position themselves to send and receive the ball on the side rather than in front of them. Later, the shot will naturally take place on the side.

Show consequences of a poorly secured grip and an unstable wrist: the racket will rotate when the ball hits the racket head. It will be complicated if not impossible to generate power and control over the ball.

3 - Do exercises 1 and 2 in backhand (palm of the hand down). More strength is needed to secure this grip.

Evolution: shorten distances, children must be able to receive the ball well.

Teach the side position from the start because children will have to hit the ball this way with their racket.

Educational object

Racket control development.

Equipment

Racket, straw ball.

Kids Squash Lesson for 8 year olds (10/17)

Positioning

Drills with 2 shots in a row

1 - The child and the educator are located on either side of the court, 3 m from the front wall.

Placed on the left, the child drops the ball on the floor to hit in backhand straight then a backhand boast.

The child must position himself back towards the middle of the court for his 2nd backhand boast.

The educator returns the ball to the child in forehand cross. And so on.

Recommend to the child face the side wall as close as possible for the backhand positioning, then make the backhand shot as close as possible to the front wall. The child will not be tempted to hit the ball in forehand.

The goal is to be able to hit each shot on the right forward foot. The straight shot will be hit at or slightly in front of the forward foot, the boast will be hit behind the forward foot.

Educational object

Positioning development.

Equipment

Racket, blue dot ball or fast one.

Positioning

Drills with 2 shots in a row

2 - The child and the educator are located on either side of the court, 3 m from the front wall.

Placed on the right, the educator hits in a bell a forehand boast. The ball falls to the left corner.

The child has to take the necessary step back and position himself to hit in backhand.

The child is then positioned back towards the middle of the court for his 2nd backhand boast.

The educator returns the ball in forehand boast and so on.

Hitting 2 successive shots promotes faster racket preparation on the 2nd shot.

3 - Same as 2, but the child has to hit a boast so as to touch the 3 walls.

This shot has to take place with the body facing the back of the court. It promotes more foot movement for positioning. Evolutions:

- Use foam balls. The child will have more time to position himself and then to hit.
- The educator distributes randomly (forehand cross or boast) and tells the child which area the ball will fall to.

Educational object

Positioning development.

Equipment

Racket, blue dot ball or fast one, foam ball