

Kids Squash Lesson 1 for 9 year olds

Orientation

Flying Balloon!

Games with balloons

- 1 - Racket flat, the child juggles as long as possible with 2 balls.
- 2 - Children run from one side wall to the other by hitting balloons in the air and in front of them, continuously in round trip.
- 3 - Same exercise only with hands.
 - Work in pairs by juggling with hands (2 balloons each).
 - Work in pairs while juggling with rackets (4, 5, 6 balloons).
- 4 - The child hits the balloon in the air with his racket then goes to touch the wall and catches the balloon before it touches the floor (at least 2 m from the side wall).
 - Same continuous exercise at least 1.5 m from the side wall and in side steps.
- 5 - Number of shots in the balloon to go from one side to the other. Then from the front to the back wall.
- 6 - Keep your balance by walking on the line while juggling the balloon. Walk back and to the side (use the midlines and squares).
- 7 - Juggle as long as possible on a balance cushion.
- 8 - Play Volley-ball (net in the middle) as long as possible with a single balloon.

Educational objects

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

Equipment

Rackets, balloons (2 per child), badminton net.

Orientation

Flying Balloon!

Games with balloons

1 - Racket flat, the child juggles as long as possible with 2 balls.

Educational objects

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

Equipment

Rackets, balloons (2 per child), badminton net.



Orientation

Flying Balloon!

Games with balloons

2 - Children run from one side wall to the other by hitting balloons in the air and in front of them, continuously in round trip.

Educational objects

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

Equipment

Rackets, balloons (2 per child), badminton net.



Orientation

Flying Balloon!

Games with balloons

3 - Same exercise only with hands.

- Work in pairs by juggling with hands (2 balloons each).
- Work in pairs while juggling with rackets (4, 5, 6 balloons).

Educational objects

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

Equipment

Rackets, balloons (2 per child), badminton net.



Orientation

Flying Balloon!

Games with balloons

4 - The child hits the balloon in the air with his racket then goes to touch the wall and catches the balloon before it touches the floor (at least 2 m from the side wall).

- Same continuous exercise at least 1.5 m from the side wall and in side steps.

Educational objects

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

Equipment

Rackets, balloons (2 per child), badminton net.



Orientation

Flying Balloon!

Games with balloons

5 - Number of shots in the balloon to go from one side to the other. Then from the front to the back wall.

Educational objects

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

Equipment

Rackets, balloons (2 per child), badminton net.



Orientation

Flying Balloon!

Games with balloons

6 - Keep your balance by walking on the line while juggling the balloon. Walk back and to the side (use the midlines and squares).

Educational objects

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

Equipment

Rackets, balloons (2 per child), badminton net.



Kids Squash Lesson 2 for 9 year olds

Coordination

One ball

Game with tennis can box and racquetballs

- 1 - The educator bounces a racquetball 2 - 3 m away, the child tries to catch it in a can box before it bounces a second time.
 - 2 - The educator throws the ball in a bell to the service line, the child tries to catch it directly in the can box.
 - 3 - The child himself throws the ball over him and catches it in the can box.
 - 4 - The educator sends the ball in a bell and slightly crossed to the service line. The child positioned next to the educator tries to catch it in the can box after the 1st bounce.
 - 5 - The educator throws the ball to the floor, slightly crossed towards the service line. The child positioned next to the educator tries to catch it in the can box after the 1st bounce.
 - 6 - Same exercise, but the child tries to catch the ball on the fly.
 - 7 - The child performs exercises 4, 5 and 6 alone.
 - 8 - Same exercise as 5, but in a front corner.
 - 9 - The educator bounces several balls one after the other and the child must try to catch them before they roll.
 - 10 - Same exercise as 4 with higher throw and the child has to catch the ball before the midline.
- Evolution: The educator throws the ball over his shoulder, the trajectory is more tense.

Coordination

2 balls

Game with tennis can box and racquetballs

11 - Catch 2 balls, one with the left hand, the other with the right hand:

- Outstretched arms, the educator drops 2 balls in front of him. The child tries to catch them after the 1st bounce with a can box in each hand.
- The educator simultaneously bounces 2 balls 3 m high. The child tries to catch them as quickly as possible before they roll.

12 - The educator sends 2 balls in a bell to the service line, the child tries to catch them after the 1st bounce in each can box.

- The educator throws 2 balls over his shoulders to the service line, the trajectory is tighter, the child tries to intercept them after the 1st bounce in each can box.

13 - Throwing variation:

- The educator and the child face each other. The educator throws 2 balls over him, crossing arms and in a bell, towards the side walls. The child tries to catch them as quickly as possible in each can box before they roll.
- The educator and the child face each other. The educator throws 2 balls from below, on each side with a bounce towards the side walls. The child tries to catch them as quickly as possible in each can box before they roll.

14 - Catch 2 balls on the fly:

- The educator and the child face each other. The educator throws 2 balls in a bell towards the child who tries to catch them directly in each can box. Vary the height and the distance to throw balls as well as the height of receiving.

Coordination

Blue Ball

Game with tennis can box and fast balls

15 - I study the ball trajectory with the racket:

- The educator and the child face each other, The educator hits a ball in a bell at the child who tries to catch it directly in one of the can boxes.
- The children perform the exercise in groups of 2, with a ball and a single can box.
- On the sides: The educator and the child are positioned facing the front right corner of the court. The educator hits the ball in a bell towards the front wall and in a boast towards the child who tries to catch it after bouncing on the side wall and on the floor.

16 - Catch the ball in the air:

- The educator and the child are facing the front wall. The educator hits a cross shot in a bell. The child tries to catch the ball directly into his can box.

17 - Catch the ball in the air and to the side:

- The educator and the child are facing the front right corner. The educator hits the ball in a bell and in a boast towards the child who tries to catch it directly in his can box.

Coordination

Synthesis

Actions

18 - Easier: carry out all previous exercises with a landing net or a butterfly net.

19 - Children carry out all exercises between them and apply rules of squash: each throw above the service line. 2-3 bounces before catching the ball, service may be short, throw the ball from where the ball is caught.

Educational objects

- Improve coordination with trajectories and bounces.
- Racket control development.

Equipment

Rackets, tennis can box, racquetballs, blue balls, landing net or butterfly net.



Kids Squash Lesson 3 for 9 year olds

Ball control

The Newspaper

Games with magazine sheets

- 1 - Place a newspaper on the floor 1.5 m from the side wall. The child plays in a bell and bounces the ball (foam or racquetball) on the newspaper. The child has to stand on the side of his target and play continuously. After a number of successful hits, fold the newspaper in half.
- 2 - Same exercise with the newspaper fixed at 1.5 m high on the side wall (blue or fast ball).
- 3 - Same exercise for 2 children. The 1st who scores 3 or 5 points, wins. Play ideally with a right-handed and a left-handed player (foam ball or racquetball).
- 4 - Same exercise as 1 with newspaper on the floor 1.5 m from the front wall. The 1st who scores 3 or 5 points, wins. Change the ball type between each round (foam ball, then racquetball, then blue).
- 5 - Same exercise as 4 with 2 newspapers on the floor, separated by 2 m. The thrower chooses his target (racquetball).
- 6 - Same exercise as 5 with 2 newspapers in diamond, the educator throws the ball (blue). Change the ball type. Then separate newspapers more and more. The more the child has to run, the more difficulty he will have in controlling the ball.

Educational object

Development of ball control and tracking.

Equipment

Rackets, balls (foam mid, racquetballs, blue).



Kids Squash Lesson 4 for 9 year olds

Reactivity

The Tube

Games with plexiglass tube

1 - Using a clear plexiglass tube, the educator drops balls in front of the child positioned in front of him at the midline. The ball has to be hit in forehand volley. The more the tube is tilted, the faster the ball falls. The educator and the child approach the front wall.

2 - Same exercise with distribution of 10 to 15 balls continuously. The less the tube is tilted, the more the child will have to wait for his preparation and hitting. The educator can change the angle and the height of distribution of the tube.

3 - Same exercise, but the educator changes the angle and the height of distribution of the tube. The change can take place with each ball.

4 - Same exercise as 1 but with a standing target placed on the front wall.

Games with dark plexiglass tube

5 - Same exercise as 4 but with a dark tube. The child has less time to act. The educator does not tilt the tube too much and maintains the same inclination during this exercise.

6 - Same exercise as 5, but the educator changes the angle and the height of distribution of the tube. The change can take place with each ball.

7 - Same exercise as 1, but the child is standing on a balance cushion. The educator can change the angle and the height of distribution of the tube.

Educational object

Development of: preparation, reaction time, ball control and tracking, hitting.

Equipment

Rackets, plexiglass tubes (clear and dark), blue or fast balls, target, balance cushions.

Kids Squash Lesson 5 for 9 year olds

Ball control and orientation

The Basket

Games with basket

1 - The child starts from the middle of the court juggling a balloon in his racket head. He goes to a basket placed along the side wall. He drops the balloon in the basket. In case of difficulty during the final approach, he can use his hands.

2 - Same exercise with the racket handle. In case of difficulty during the final approach, he can use his hands.

3 - Same exercise as 1 but with a blue or foam ball. The child lets the ball bounce on the ground 1 time with each step. He must not use his hands.

4 - The child starts from the middle of the court, he winds around 4 cups by bouncing a ball (racquetball or tennis) on the floor with his racket. He can put the ball in the basket from below.

5 - Place a light beach ball on a basket located 2 m from the front wall and facing the door. The child stands on the side and hits the ball to work on his swing. He's trying to send the ball towards the door.

6 - Place a balanced stuff toy on a basket, along the side wall. The child stands halfway and tries to drop the stuff toy by hitting a foam ball after the first bounce or on the fly.

7 - Moving target: The educator moves along the front wall, protecting his head with his racket. The child hits with a foam ball from his service box. The other children are in the opposite service box.

Evolution: the child bounces his ball then hits a boast to reach the moving educator.

Ball control and orientation

The Basket

Games with basket

8 - A basket is laid down along the side wall with its opening 1.5 - 2 m from the front wall. Children place themselves at the T and hits forehand drop shots with a blue ball, either after the bounce, or in volley. The goal is to get the ball into the basket.

9 - A basket is laid down along the left side wall at the back of the serving box with its opening facing the front wall. Children stand in the lane 2 to 3 m from the front wall and throw the ball by hand to the side wall. In the bounce they hit in lane 1. The goal is to get the ball into the basket regardless of the length of the straight shot.

Educational object

Development of: body orientation, ball control and tracking.

Equipment

Rackets, square basket, balloons, light beach ball, balls (foam mid, racquetballs, tennis, blue).

Kids Squash Lesson 6 for 9 year olds

Ball control

Good Corner

Variations on distances and target

1 - The child is forehand positioned, 3 m from the front wall and 2 m from the side wall. He hits towards the front wall then after the bounce he positions himself to hit in a bell towards the side wall. After the bounce he repositions himself to hit again towards the front wall, and so on (fast or blue ball).

2 - The child is forehand positioned, 3 m from the front wall and hits continuously in a bell to the front wall. Between each shot, after the bounce, he juggles then he drops the ball (fast or blue) and he hits the next shot after the bounce, and so on.

Evolution: continuously hitting on the fly.

3 - The child is forehand positioned, 3 m from the front wall and 2 m from the side wall. He hits the ball (foam or tennis) on the floor so it is sent back in a bell by the front wall, then he hits continuously by positioning himself on the side.

Evolution: continuously hitting on the fly.

Ball control

Thin Red line

Variations on distances and target

4 - 2 children stand facing the front wall from the midline. They chain a straight shot then a cross allowing the ball to bounce (fast or blue) between each shot. Hit above the service line.

5 - 2 children stand facing the side wall on either side of the midline. They take turns in forehand shots in a bell so as to bounce the ball (fast or blue) on the line. Perform the exercise solo.

6 - Then the 2 children are placed behind a narrow lane (15 cm) materialized by the half-court line and an adhesive strip. They take turns in forehand shots in a bell so as to bounce the ball (fast or blue) in the lane. The first player to hit the target 3 times, wins.

Educational object

Development of ball control and tracking.

Equipment

Rackets, gaffa tape, balls (foam mid, tennis, blue).

Kids Squash Lesson 7 for 9 year olds

Various drills in duo

Create a challenge between players. Suitable after solo exercises

1 - 2 children stand facing each other (3 - 4 m) and continually hit a racquetball each other, hitting it with the palm of the hand after the 1st bounce.

2 - 2 children stand facing each other in each serving box and hit each other a light beach ball by hitting it with the palm of their hand and positioning themselves on the side. They have to catch the ball on the fly, with both hands. Alternate shots with each hand.

3 - Place a hoop on the floor in front of the front wall (1.5 - 2 m) and perform cross shots in pairs by hitting the ball (racquetball, blue) in a bell.

Evolution: each child hits a ball for himself before hitting a cross to reach the hoop.

4 - The educator and the child play with the side walls. The educator hits forehand a ball (racquetball or blue) in a bell which bounces in the middle of the court, the child tries to hit it in a bell towards the opposite wall. Everyone plays to their left.

Evolution: the child plays alone with the 2 side walls, he can let the ball bounce 2 times in case of difficulty. His positioning has to be adapted before each shot.

5 - The educator and the child are in front of the midline and they hit continuously cross from their half part of the court. The ball (racquetball or blue) is hit in a bell after the 1st bounce.

Educational object

Development of: body orientation, ball control and tracking.

Equipment

Rackets, light beach ball, balls (racquetball, blue).