



# School Squash Teacher Manual

- 1st Edition -



Fun Filled  
Easy To Use  
Lesson Plans

~ For Grades 7-12 ~

**Get Fit..Play Squash!**



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Teacher Manual  
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## **INTRODUCTION**

The Squash Ontario School Squash Program is made up of three components (Equipment, Instructors and Resources) that are all available for teachers to access for little to no cost.

Squash Ontario has designed an easy to use resource for teachers – the School Squash Teacher Manual – to assist teachers with introducing the sport of squash to their students specifically in a school gym setting. The manual will act as a guide for teachers with fun filled easy to use lesson plans that can be used right in your own school gym. The lesson plans have been developed into two categories – Grades 3-6 and Grades 7-12 with the goal of reaching out to all types of learners. The lesson plans have been designed to fit into 30-40 minute sessions and should always be treated as a guide while introducing the sport of squash. This is a great way to introduce squash in a gym setting before students have an opportunity to get on a squash court.

## **BENEFITS OF SQUASH**

Squash offers physical fitness benefits for the mind and body and is a lifestyle sport for all ages. Cardiovascular fitness, reflexes, concentration, anticipation, discipline and finesse are all improved through participation within the sport of squash. Squash is a sport for life!

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**LESSON ONE – “GRIP & HIT A FALLING BALL”**

**EQUIPMENT**

ONE SQUASH BALL, RACQUET AND EYEGUARD PER STUDENT

**WARM-UP (5 Minutes)**

Racquet and ball - put ball on racquet face, start walking and then running - any direction (avoid others) - then keep ball bouncing on racquet face , bounce on ground and toss ball up and catch on racquet.

**INTRO/DEMO (5 Minutes)**

INTRO - Teach grip and hit falling ball

DEMO - Grip - “V” going to opposite shoulder - racquet head up - rally showing ball coming off top of bounce - swing low to high

**ACTIVITY (25 Minutes)**

SOLO - 1. Throw ball underhand to wall and hit using forehand - low to high; 2. Try to create rally (number of shots hit continuously)

PAIRS - One hand feed to wall while partner hits back so that it can be caught - then one racquet feed to wall while partner hits - then build to rally in pairs (forehand) - keep checking grip is low to high swing.

**SUMMARY (5 Minutes)**

REVIEW GRIP & HIT A FALLING BALL - mention next time to do backhand



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**LESSON TWO – “BACKHAND & REVIEW LESSON ONE”**

**EQUIPMENT**

ONE SQUASH BALL, RACQUET AND EYEGUARD PER STUDENT

**WARM-UP (5 Minutes)**

Bouncing ball on forehand racquet face - turn to backhand racquet face - then switch alternately.  
Bounce down using forehand - add tap up on backhand racquet face - hit on edge of racquet -  
pick up ball with no hands

**INTRO/DEMO (5 Minutes)**

INTRO - Backhand - review grip

DEMO - Series of backhand drives - explain falling ball - grip same - show cocked wrist -  
racquet face slightly open (tilted towards ceiling”

**ACTIVITY (25 Minutes)**

PAIRS - one hand feeds underhand to wall while partner hits backhand

PAIRS - progress to forehand racquet feed while partner hits backhand

PAIRS - progress to rallying feeder uses forehand/backhand - hitter always backhand

PAIRS - rallying - count longest rally - 2 points for backhand and 1 point for forehand

**SUMMARY (5 Minutes)**

First decision is always forehand or backhand - hit low to high - correct grip



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**LESSON THREE – “READY POSITION”**

**EQUIPMENT**

ONE SQUASH BALL, RACQUET AND EYEGUARD PER STUDENT

**WARM-UP (5 Minutes)**

Any sort of ball sense activity with racquet and ball - teach how to toss and catch racquet and how to spin racquet in hand - pick up ball using only racquet (challenge).

**INTRO/DEMO (5 Minutes)**

INTRO - Ready position half way between forehand and backhand - ready for anything

DEMO - Ready position - show how strokes flow from this position - racquet head up and ready to move

**ACTIVITY (25 Minutes)**

Get students to mimic ready position - mimic ready - forehand - ready - backhand

PAIRS - 1 feeder - partner starts in ready position (single feed) hits forehand - waits in ready position - repeat (feeding by hand/racquet depending on classes ability)

PAIRS - rallying while trying to flow into ready position

Continually prompt - grip - low to high - ready position

**SUMMARY (5 Minutes)**

Review purpose of ready position - ready for anything



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**LESSON FOUR – “SERVE & RETURN”**

**EQUIPMENT**

ONE SQUASH BALL, RACQUET AND EYEGUARD PER STUDENT

**WARM-UP (5 Minutes)**

Any sort of running activity - prompt the ready position - no balls

**INTRO/DEMO (5 Minutes)**

INTRO - serve starts game - ball may not bounce before being struck - must go directly to front wall

DEMO - serve - keep serve short and returnable - purpose right now to start game not win it

**ACTIVITY (25 Minutes)**

Practice hitting ball before it bounces serving

PAIRS - serve and play rallies - section gym walls into areas for each pair to keep safe

Mention ball does not always have to bounce on floor

Constantly change partners and make sure they serve to both forehand and backhand by challenging both sides.

**SUMMARY (5 Minutes)**

Serve starts game - ball must go directly to front wall and may not bounce before served



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**LESSON FIVE – “VOLLEY”**

**EQUIPMENT**

ONE SQUASH BALL, RACQUET AND EYEGUARD PER STUDENT

**WARM-UP (5 Minutes)**

Tap ball on racquet - no bounce - toss ball and catch ball on racquet - tap ball on wall no bounce - try to rally (very close)

**INTRO/DEMO (5 Minutes)**

INTRO - Volley - ball does not bounce before struck - quicker - saves movement

DEMO - Volley - short swing - close to wall - contact in front - low to high forehand and backhand

**ACTIVITY (25 Minutes)**

SOLO - Start close to wall - hit 10 forehands in a row - move back - then hit 10 backhands in a row - move back - then alternate 10 forehand/backhand in a row - move back

PAIRS - One feeds partner volleys back - rally - change roles - also feed to backhand as well as forehand

PAIRS - Both volley rally 10 then change positions (1 forehand while partner hits backhand)

Play mini games to 5 with serve - forehand and backhand and possibly volley

**SUMMARY (5 Minutes)**

Now can play game - Grip - Ready Position - Serve - Forehand/Backhand - Volley





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## **LESSON SIX – “FOREHAND CIRCLING”**

### **EQUIPMENT**

ONE SQUASH BALL, RACQUET AND EYEGUARD PER STUDENT

### **WARM-UP (5 Minutes)**

Moving slowly then quickly forward, sideways, backwards - keep players in confined area - must avoid everyone else - speed up to run

### **INTRO/DEMO (5 Minutes)**

INTRO - Movement in squash is safe - avoids others but gives them access to ball - striker has all the rights

DEMO - Take 3 students and demo circling 2 ways - 1. Forwards to hit and forward out; 2. Backwards to hit and backwards out

### **ACTIVITY (25 Minutes)**

THREE'S - No Ball - practice circling forwards on forehand

THREE'S - With Ball - hitting nothing but straight forehands

THREE'S - No Ball - practice circling backwards on forehand

THREE'S - With Ball - hitting nothing but straight forehands

REPEAT ON BACKHAND

Discuss merit of different movement in and out of ball

Note: You might have to tape gym floor for these exercises just to guide the straight drive.

### **SUMMARY (5 Minutes)**

Move safely with out interfering with opponent - so game is fair



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## **LESSON SEVEN – “BACKHAND CIRCLING”**

### **EQUIPMENT**

ONE SQUASH BALL, RACQUET AND EYEGUARD PER STUDENT

### **WARM-UP (5 Minutes)**

Moving slowly then quickly forward, sideways, backwards - keep players in confined area - must avoid everyone else - speed up to run

### **INTRO/DEMO (5 Minutes)**

INTRO - Movement in squash is safe - avoids others but gives them access to ball - striker has all the rights

DEMO - Take 3 students and demo circling 2 ways - 1. Forwards to hit and forward out; 2. Backwards to hit and backwards out

### **ACTIVITY (25 Minutes)**

THREE'S - No Ball - practice circling forwards on backhand

THREE'S - With Ball - hitting nothing but straight backhands

THREE'S - No Ball - practice circling backwards on backhand

THREE'S - With Ball - hitting nothing but straight backhands

Discuss merit of different movement in and out of ball

Note: You might have to tape gym floor for these exercises just to guide the straight drive.

### **SUMMARY (5 Minutes)**

Move safely with out interfering with opponent - so game is fair



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**LESSON EIGHT – “VOLLEY CIRCLING”**

**EQUIPMENT**

ONE SQUASH BALL, RACQUET AND EYEGUARD PER STUDENT

**WARM-UP (5 Minutes)**

No racquet - solo - throwing & catching against wall - no bounce - start slow & gentle - progress to more activity - with racquet pairs volley rally (1 forehand, 1 on backhand - switch)

**INTRO/DEMO (5 Minutes)**

INTRO - Volley - everything is quicker for opponent because ball doesn't bounce

DEMO - Circling only forwards - no ball - then pick 5 best to try with ball - hit slowly low to high

**ACTIVITY (25 Minutes)**

Groups of 5 - Try to create volley rally, if ball bounces keep going - count only volley

Note: Safety - never hit ball twice - always hit and move

Progress to trying to only volley

Then progress to backhand - redemo on backhand side and repeat activity portion of lesson

Start using a forehand

**SUMMARY (5 Minutes)**

Volley - useful shot - saves movement, speeds up game for opponent



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**LESSON NINE – “GAME WARM UP & RULES”**

**EQUIPMENT**

ONE SQUASH BALL, RACQUET AND EYEGUARD PER STUDENT

**WARM-UP (5 Minutes)**

Squash related warm up with some forewards, backwards and sideways running - stretch into various lunges

**INTRO/DEMO (5 Minutes)**

INTRO - There is a convention when you warm up for a match - polite, fair and expected

DEMO - One straight to self, one cross court to opponent - changes sides and repeat so both backhand and forehand warm up

**ACTIVITY (25 Minutes)**

PAIRS - in area where court floor has been marked as a mini court - practice 1 straight to self 1 cross court to opponent and then partner does the same

Discuss how to get ball to go straight and cross court under control - keep changing partners

Review rules of starting game - choosing who serves - how many points - who serves after first game (winner) - what is a “Let”

Finish with mini games to 5 points

**SUMMARY (5 Minutes)**

Warm up fair - game is non-contact

Play ball away from opponent



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**LESSON TEN – “MINI GAMES WITH WARM UP”**

**EQUIPMENT**

ONE SQUASH BALL, RACQUET AND EYEGUARD PER STUDENT

**WARM-UP (5 Minutes)**

General warm up and stretch include lunges and raising of heart rate with some sort of fun activity - be creative

**INTRO/DEMO (5 Minutes)**

INTRO - Explain rules of tournament - best 3 out of 5 - warm up at beginning - winner serves - mini games to 5 points with every point counting - shake hands at end

**ACTIVITY (25 Minutes)**

Play mini games - if not enough space for all to play, appoint referee (score keeper for each area)

**SUMMARY (5 Minutes)**

Game is quick - have to pay attention - watch ball at all times



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**LESSON ELEVEN – “VIEWING A REAL SQUASH MATCH”**

**EQUIPMENT**

DVD/TV WITH SAMPLE SQUASH MATCHES

**WARM-UP (5 Minutes)**

In classroom - you could review what students have learned so far

**INTRO/DEMO (5 Minutes)**

INTRO - Explain - Pro's make it look easy - they know how much work it is - have students notice how they move and what they do with the ball - notice serve and volley

**ACTIVITY (25 Minutes)**

Play DVD of squash match - have students take note of previous lessons learned and see how they are applied in a real match

**SUMMARY (5 Minutes)**

What did you understand/see/realize while watching the DVD?



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**LESSON TWELVE – “COMPETITION”**

**EQUIPMENT**

ONE SQUASH BALL, RACQUET AND EYEGUARD PER STUDENT

**WARM-UP (5 Minutes)**

Solo rallying forehand, backhand, etc.

**INTRO/DEMO (5 Minutes)**

INTRO - Explain what tournament is and how it works

**ACTIVITY (25 Minutes)**

Play mini matches - first to 11 points, one game only

Try to keep players changing opponents

Court floor marked out - referee might be useful - handicap helps sometimes

Also could try to get to a squash court for this particular lesson

**SUMMARY (5 Minutes)**

What a great game squash is and it's lots of fun!

Everyone can play!



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## **ABBREVIATED RULES OF SINGLES SQUASH**

This abbreviated version of the World Singles Squash Rules is to help players to understand the basics. All players should read the complete Rules. The Rules numbers in brackets in each heading refer to the full rules. This amendment is effective from 1st April 2009.

### **THE SCORING (Rule 2)**

A match is the best of 3 or 5 games. Each is played to 11 points. The player who scores 11 points first wins the game except that if the score reaches 10-all, the game continues until one player leads by two points.

Either player may score points (PAR - point-a-rally). The server, on winning a rally, scores a point and retains the service; the receiver, on winning a rally, scores a point and becomes the server.

### **THE WARM-UP (Rule 3)**

Before the start of a match, the two players are allowed up to 5 minutes (2 1/2 minutes on each side) to "warm-up" themselves and the ball on the match court.

When a ball has been changed during a match, or if the match has been resumed after some delay, the players warm-up the ball to playing condition.

The ball may be warmed up by either player during any interval in the match.

### **THE SERVICE (Rule 4)**

Play commences with a service. The player to serve first is decided by the spin of a racquet. Thereafter, the server continues serving until losing a rally, when the opponent becomes the server and the server becomes "hand out".

The player who wins the preceding game serves first in the next game.

At the beginning of each game and when the service changes from one player to the other, the server can serve from either service box. After winning a rally the server then continues serving from the alternate box.

To serve a player stands with at least part of one foot on the floor within the service box. For a service to be good, it is served directly onto the front wall above the service line and below the out line so that on its return, unless volleyed, it reaches the floor within the back quarter of the court opposite to the server's box.





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## **GOOD RETURN (Rule 6)**

A return is good if the ball, before it has bounced twice on the floor, is returned correctly by the striker onto the front wall above the tin and below the out line, without first touching the floor. The ball may hit the side walls and/or the back wall before reaching the front wall.

A return is not good if it is "NOT UP" (ball struck after bouncing more than once on the floor, or not struck correctly, or a double hit); "DOWN" (the ball after struck, hits the floor before the front wall or hits the tin) or "OUT" (the ball hits a wall on or above the out line).

## **RALLIES (Rule 8)**

After a good service has been delivered the players hit the ball in turn until one fails to make a good return.

A rally consists of a service and a number of good returns. A player wins a rally if the opponent fails to make a good service or return of the ball or if, before the player has attempted to hit the ball, it touches the opponent (including racquet and clothing) when the opponent is the non-striker.

NOTE: AT ANY TIME DURING A RALLY A PLAYER SHOULD NOT STRIKE THE BALL IF THERE IS A DANGER OF HITTING THE OPPONENT WITH THE BALL OR RACQUET. IN SUCH CASES PLAY STOPS AND THE RALLY IS EITHER PLAYED AGAIN ("A LET") OR THE OPPONENT IS PENALISED.

## **HITTING AN OPPONENT WITH THE BALL (Rule 9)**

If a player strikes the ball, which, before reaching the front wall, hits the opponent, or the opponent's racquet or clothing, play stops.

If the return would have been good and the ball would have struck the front wall without first touching any other wall, the striker wins the rally, provided the striker did not "turn".

If the ball either had struck, or would have struck, any other wall and the return would have been good, a let is played.

If the return would not have been good, the striker loses the rally.



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## **TURNING (Rule 9)**

If the striker has either followed the ball round, or allowed it to pass around him or her - in either case striking the ball to the right of the body after the ball had passed to the left (or vice-versa) - then the striker has "TURNED".

If the opponent is struck by the ball after the striker has turned, the rally is awarded to the opponent.

If the striker, while turning, stops play for fear of striking the opponent, then a let is played. This is the recommended course of action in situations where a player wants to turn but is unsure of the opponent's position.

## **FURTHER ATTEMPTS (Rule 10)**

A player, after attempting to strike the ball and missing, may make a further attempt to return the ball.

If a further attempt would have resulted in a good return, but the ball hits the opponent, a let is played.

If the return would not have been good, the striker loses the rally.

## **INTERFERENCE (Rule 12)**

When it is his or her turn to play the ball, a player is entitled to freedom from interference by the opponent.

To avoid interference, the opponent must try to provide the player with unobstructed direct access to the ball, a fair view of the ball, space to complete a swing at the ball and freedom to play the ball directly to any part of the front wall.

A player, finding the opponent interfering with the play, can accept the interference and play on,

or stop play. It is preferable to stop play if there is a possibility of colliding with the opponent, or of hitting him or her with the racquet or ball.

When play has stopped as a result of interference the general guidelines are:

The player is entitled to a let if he or she could have returned the ball and the opponent has made every effort to avoid the interference.

The player is not entitled to a let (ie. loses the rally) if he or she could not have returned the ball, or accepts the interference and plays on, or the interference was so minimal that the player's access to and



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strike at the ball was not affected.

The player is entitled to a stroke (ie. wins the rally) if the opponent did not make every effort to avoid the interference, or if the player would have hit a winning return, or if the player would have struck the opponent with the ball going directly to the front wall.

## **LETS (Rule 13)**

A let is an undecided rally. The rally does not count and the server serves again from the same box.

In addition to lets allowed as indicated in the paragraphs above, lets can be allowed in other circumstances. For example, a let may be allowed if the ball in play touches any article lying on the floor, or if the striker refrains from hitting the ball owing to a reasonable fear of injuring the opponent.

A let must be allowed if the receiver is not ready and does not attempt to return the service, or if the ball breaks during play.

## **CONTINUITY OF PLAY (Rule 7)**

Play is expected to be continuous in each game once a player has started serving. There should be no delay between the end of one rally and the start of the next one.

In between all games an interval of 90 seconds is permitted.

Players are permitted to change items of clothing or equipment if necessary.

## **BLEEDING, INJURY AND ILLNESS (Rule 16)**

If an injury occurs which involves bleeding, the bleeding must be stopped before the player can continue. A player is allowed a reasonable time to attend to a bleeding wound.

If the bleeding was caused solely by the opponent's action, the injured player wins the match.

If the bleeding recurs no further delay is allowed, except that the player can concede a game, using the 90 second period between games to attend to the wound and stop the bleeding. If unable to stop it, the player must concede the match.

For an injury not involving bleeding, it must be decided whether the injury was either caused by the opponent or self inflicted or contributed to by both players.

If caused by the opponent, the injured player wins the match if any recovery time is needed.



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If self-inflicted, the injured player is allowed 3 minutes to recover and must then play on, or concede a game using the 90 second rest period between games to recover.

If contributed by both players, the injured player is allowed an hour to recover.

A player who is ill must play on or can take a rest period by conceding a game and using the 90 second interval to recover. Cramps, feeling sick and breathlessness (including asthma) are considered illnesses. If a player vomits on court, the opponent wins the match.

## **DUTIES OF PLAYERS (Rule 15)**

Rule 15 provides guidelines for players. For example 15.6 states that deliberate distraction is not allowed. Players should read this rule in full.

Some of the 8 sub-sections deal with situations related to matches under the control of officials (Referee/Marker). The use of officials is not covered in this abbreviated version.

## **CONDUCT ON COURT (Rule 17)**

Offensive, disruptive or intimidating behaviour in squash is not acceptable.

Included in this category are: audible and visible obscenities, verbal and physical abuse, dissent, abuse of racquet, court or ball, unnecessary physical contact, excessive racquet swing, unfair warm-up, time wasting, late back on court, deliberate or dangerous play or action and coaching (except between games).