



# School Squash Teacher Manual

- 1st Edition -



Fun Filled  
Easy To Use  
Lesson Plans

~ For Grades 3-6 ~

**Get Fit..Play Squash!**



School Squash  
Teacher Manual  
~ For Grades 3-6 ~

**TABLE OF CONTENTS**

INTRODUCTION	PAGE 2
LESSON ONE - Ball Sense	PAGE 3
LESSON TWO - Grip & Ball Sense With Racquet	PAGE 4
LESSON THREE - Low To High Swing Forehand	PAGE 5
LESSON FOUR - Forehand Rallying	PAGE 6
LESSON FIVE - Backhand	PAGE 7
LESSON SIX - Backhand Rallying	PAGE 8
LESSON SEVEN - Serve	PAGE 9
LESSON EIGHT - Volley	PAGE 10
LESSON NINE - Starting To Play (Ready)	PAGE 11
LESSON TEN - Movement Circling	PAGE 12
LESSON ELEVEN - Practice Games	PAGE 13
LESSON TWELVE - Competition	PAGE 14
ABBREVIATED RULES OF SINGLES SQUASH	PAGE 15-19



# School Squash Teacher Manual ~ For Grades 3-6 ~

## **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!

## **AUTHOR**

Barbara Cooper

SQUASH ONTARIO 2009

All Rights Reserved. Printed in Canada.



School Squash  
Teacher Manual  
~ For Grades 3-6 ~  
**LESSON ONE – “BALL SENSE”**

**EQUIPMENT**

ONE FOAM BALL AND EYEGUARD PER STUDENT

**WARM-UP (5 Minutes)**

Any sort of running activity warm-up - train students to listen for the word “stop” - random running must freeze on the command “stop”

**INTRO/DEMO (5 Minutes)**

INTRO - Catching a falling ball

DEMO - Throwing against wall - ball bounce comes to top of bounce and than turns and starts to fall - that is when you catch it

**ACTIVITY (25 Minutes)**

SOLO - Throw underhand against wall and try to catch it after it bounces (add a clap before catching it)

SOLO - Throw up in air, let it bounce and than catch it (add a clap before catching it, add a turn or any thing else to challenge)

SOLO - Bounce on ground and catch it (add clap before catching it)

PAIRS - One throws against wall while other tries to catch it (vice versa)

PAIRS - One bounces to other while getting further away

PAIRS - Repeat whole set of activities using wrong hand to throw

At end of lesson students should have experienced throwing with either hand, overhand, underhand, catch with two hands, catch with one hand while understanding the flight of the ball.

**SUMMARY (5 Minutes)**

REVIEW FLIGHT OF BALL - Show how it starts to fall and that is the moment to catch it. This will lead into hitting next lesson.



School Squash  
Teacher Manual  
~ For Grades 3-6 ~

**LESSON TWO – “GRIP & BALL SENSE WITH RACQUET”**

**EQUIPMENT**

ONE FOAM BALL, RACQUET AND EYEGUARD PER STUDENT

**WARM-UP (5 Minutes)**

FOAM BALL (DODGEBALL) MAYHEM - Throw balls at each other:

1. Overhand with correct hand; 2. Underhand with correct hand;
3. Overhand with wrong hand; 4. Underhand with wrong hand

**INTRO/DEMO (5 Minutes)**

INTRO - Students get one racquet each - learn to hold it correctly

DEMO - The grip - hold racquet - demo “V” of hand going over opposite shoulder - as tight as holding bird - 1 grip for everything so get it right

**ACTIVITY (25 Minutes)**

Hold racquet - place ball on face - roll it around - bounce on face - bounce on ground - move around doing all activities (add as many other activities as you can imagine) - check the grip the whole time.

- Teach students to spin racquet in hand - cool toss
- Teach students to toss racquet in air and return to other hand
- Teach students to pick up ball using no hands

PAIRS - 1 racquet 1 ball - 1 student tosses ball onto racquet of partner

GAME - Introduce concept of rallying - no racquets throw and catch ball against wall with partner - 1. Make it easy - count number of catches in a row (Underhand); 2. Make it hard - after first underhand toss

Remind students to catch falling ball - do not score - just have fun as two bounces is ok

**SUMMARY (5 Minutes)**

Go over grip - ask students to practice throwing underhand both hands and catching (one or both hands)



School Squash  
Teacher Manual  
~ For Grades 3-6 ~

**LESSON THREE – “LOW TO HIGH SWING FOREHAND”**

**EQUIPMENT**

ONE FOAM BALL, RACQUET AND EYEGUARD PER STUDENT

**WARM-UP (5 Minutes)**

Holding racquet with ball on racquet face - do each activity static and then moving

1. Roll ball around;
2. Bounce on face;
3. Bounce on ground
4. Cool toss;
5. Spinning racquet in hand;
6. Pick up ball with racquet - correct grip

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

INTRO - Swing is low to high similar to catching a falling ball

DEMO - Hitting to wall - swing low to high - stand sideways but not emphasized

MIMIC - Let students shadow swing without ball (correctly)

**ACTIVITY (25 Minutes)**

SOLO - Stand close to front wall, drop ball and try to hit it up - low to high - try to do 5 single shots in a row. Move further back if 5 in a row (safety very key).

PAIRS - 1 racquet 1 ball - 1 feeds underhand 1 hits low to high swing partner catching. Keep switching every 5 hits. Review catching a falling ball and tie into hitting a falling ball.

TEACHER - works through group rallying with each one while they are practicing in pairs (1 throwing 1 hitting)

TEACH SELF FEED - racquet is back - drop ball swing low to high to strike ball

FUN GAME - try to self feed and hit ball to all 4 walls of gym and return to teacher (in middle of gym)

**SUMMARY (5 Minutes)**

Review LOW TO HIGH SWING - rallying - continuous hitting (either solo or with partner)



School Squash  
Teacher Manual  
~ For Grades 3-6 ~

**LESSON FOUR – “FOREHAND RALLYING”**

**EQUIPMENT**

ONE FOAM BALL, RACQUET AND EYEGUARD PER STUDENT

**WARM-UP (5 Minutes)**

Dodgeball overhand - throw underhand and then same but with wrong hand

SOLO - no racquet - practice dropping ball hitting with hand

**INTRO/DEMO (5 Minutes)**

INTRO - Teach students to return own shot - rally means hitting ball continuously (solo to start)

DEMO - Show students hitting low to high short swing close to wall tapping ball up - correct grip

**ACTIVITY (25 Minutes)**

SOLO - drop ball try to tap it up and return continuously low to high - 5 and move back

PAIRS - 1 partner hand feeds to wall and moves while other continues rally solo - change roles

PAIRS - partners hit alternate shots trying to rally - change partners every 2 or 3 minutes

Teacher has 1 rally with every student

If students cannot cope, break, go back and repeat lesson

Correct grip - open racquet face

**SUMMARY (5 Minutes)**

HIT FALLING BALL - low to high - practice with hand



School Squash  
Teacher Manual  
~ For Grades 3-6 ~  
**LESSON FIVE – “BACKHAND”**

**EQUIPMENT**

ONE FOAM BALL, RACQUET AND EYEGUARD PER STUDENT

**WARM-UP (5 Minutes)**

Dodgeball - then review grip and have students do ball sense activities but now using backhand face of racquet - ball rolling around face – tapping and bouncing - changing from forehand face to backhand face - correct grip.

**INTRO/DEMO (5 Minutes)**

INTRO - 2 sides of court - 1 grip - forehand and now backhand

DEMO - show hitting single shots using backhand face - still low to high - toss wrong hand to wall to start hit - then use student to feed you single backhand while student attempts to catch your hit - students to shadow backhand

**ACTIVITY (25 Minutes)**

PAIRS - 1 hand feeds partner hits backhand low to high - feeder catches - then change roles

If successful progress to feeder using racquet single feeding with forehand to partners backhand.

Try for longest rally - 1 point for forehand and 2 points for backhand

Change partners regularly (competition is longest rally with any pair)

Backhand can be tough so a change of partner even early on can help with frustration levels

Correct grip - low to high - open racquet face

**SUMMARY (5 Minutes)**

Backhand similar to forehand but otherside of body - same grip - same swing low to high - practice hitting with back of hand





School Squash  
Teacher Manual  
~ For Grades 3-6 ~

**LESSON SIX – “BACKHAND RALLYING”**

**EQUIPMENT**

ONE FOAM BALL, RACQUET AND EYEGUARD PER STUDENT

**WARM-UP (5 Minutes)**

Show ready position - get students to mimic then have them running with racquet when you say ready they stop in ready position - repeat - finally, go from ready position to shadowing backhand

**INTRO/DEMO (5 Minutes)**

INTRO - Backhand similar to forehand rallying

DEMO - Show backhand rally - continuous low to high - close to front wall - open face - wrist firm turning sideways - now all trying to hit repeated backhands

**ACTIVITY (25 Minutes)**

SOLO - using forehand hit to backhand and try to keep rally going - close to wall low to high

PAIRS - 1 feeder forehand 1 hitter backhand rallying continuously

PAIRS - Both trying to hit backhands continuously longest rally

Correct grip - low to high - open racquet face

FUN CHALLENGE - hit ball without it bouncing (using forehand or backhand) into bucket (this is intro to serve)

**SUMMARY (5 Minutes)**

Grip - open face - hit falling ball on backhand - same as forehand



# School Squash Teacher Manual ~ For Grades 3-6 ~

## **LESSON SEVEN – “SERVE”**

### **EQUIPMENT**

ONE FOAM BALL, RACQUET AND EYEGUARD PER STUDENT

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

SOLO - toss ball on racquet and catch it with racquet - toss ball on racquet and tap it away

PAIRS - 1 tosses ball, partner catches it on racquet

PAIRS - 1 tosses ball, partner taps back so it is caught - (gently) change roles regularly

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

INTRO - Serve starts game - has some rules - first is ball cannot bounce before you have it and it must go cross court to the person you are playing

DEMO - Toss ball up and hit it cross court gently (tie in to fun game last lesson)

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

SOLO - Practice serving to wall toss and tap

PAIRS - Receiver stands in ready position, server serves gently then rally. Repeat - change roles.

Introduce concept of winning serve if ball bounces 2 on floor - let players get used to idea.

Then pick half the class to start as DREAM TEAM with other half as the CHALLENGERS. In

PAIRS - first 2 rallies do not count - serve easy rally nicely. But if win serve, then serve. 3rd rally counts - whomever wins rally becomes DREAM TEAM. Player must shake hand - congratulate each other - winner stays - challenger moves 1 partner on

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

Serve starts game - ball cannot hit floor before being struck must go cross court



School Squash  
Teacher Manual  
~ For Grades 3-6 ~

**LESSON EIGHT – “VOLLEY”**

**EQUIPMENT**

ONE FOAM BALL, RACQUET AND EYEGUARD PER STUDENT

**WARM-UP (5 Minutes)**

SOLO - no racquets - do whatever with ball throw up - against wall but must not touch floor - partners same

**INTRO/DEMO (5 Minutes)**

INTRO - Volley is when ball does not hit floor before it is struck.

DEMO - Show forehand volley and backhand volley low to high - open face - push

**ACTIVITY (25 Minutes)**

SOLO - Stand close to wall and tap ball to wall low to high - no bounce - work your way away from wall - practice both backhand and forehand. 10 in a row change then try backhand, forehand, backhand, etc.

PAIRS - Volley rally with partner - backhand or forehand

Review ready position - vital this situation

PAIRS - one starts with serve - then partner volleys and continue rally

Finish with DREAM TEAM - 3 points with first 2 don't count

**SUMMARY (5 Minutes)**

Useful to volley - quicker don't have to run so much



School Squash  
Teacher Manual  
~ For Grades 3-6 ~

**LESSON NINE – “STARTING TO PLAY (READY)”**

**EQUIPMENT**

ONE FOAM BALL, RACQUET AND EYEGUARD PER STUDENT

**WARM-UP (5 Minutes)**

SOLO - rallying forehand and backhand drive or volley starting with serve

**INTRO/DEMO (5 Minutes)**

INTRO - playing points - ready position - if ball hits floor twice - point over

DEMO - Use 1 student - demo student serving - you waiting in ready position - creating rally and moving around each other - discuss let and grip

**ACTIVITY (25 Minutes)**

PAIRS - players practice serving rallying and changing serve because point over - prompt ready position - serve nicely try to volley, etc. - NEVER SWING IF SOMEONE IS IN THE WAY - Rule Let - Play Again

Coach how to win and lose graciously - shake hands, etc.

Change partner regularly

Talk about getting in others way and getting out.

**SUMMARY (5 Minutes)**

Because close to each other have to learn how to move around .



School Squash  
Teacher Manual  
~ For Grades 3-6 ~

**LESSON TEN – “MOVEMENT CIRCLING”**

**EQUIPMENT**

ONE FOAM BALL, RACQUET AND EYEGUARD PER STUDENT

**WARM-UP (5 Minutes)**

Holding ready position running - in and out of all of the other players never touching them - then holding racquet back and still for forehand and moving around player then backhand racquet prepared and still

**INTRO/DEMO (5 Minutes)**

INTRO - Must be able to move safely around person we are playing

DEMO - Teacher and 2 students - show circling on forehand with no ball - then show with ball always moving forwards out of way

DEMO - THREE'S - No ball and show backhand circle - then with ball and show backhand circle

**ACTIVITY (25 Minutes)**

THREE'S - No ball - get students to circle forwards out of way - then try with ball on forehand

RULE - Never try to re-hit - ball must be hit and move no matter what

THREE'S - No ball - get students to circle forward out of way - then try with ball on backhand

Finish with mini-matches - 5 points

**SUMMARY (5 Minutes)**

Safety most important thing - never swing if someone is around.



School Squash  
Teacher Manual  
~ For Grades 3-6 ~

**LESSON ELEVEN – “PRACTICE GAMES”**

**EQUIPMENT**

ONE FOAM BALL, RACQUET AND EYEGUARD PER STUDENT

**WARM-UP (5 Minutes)**

Solo rallying forehand and backhands

**INTRO/DEMO (5 Minutes)**

INTRO - Playing A Game - scoring 1st --> 11 every point counts - Always 1 winner 1 finalist - Usually play first to 3 games - winner serves. We are going to do the same but only playing up to 5 points. Play mini matches.

DEMO - Mini Game

**ACTIVITY (25 Minutes)**

Players play mini games to 5 points but they play 3 games against each opponent. Score could be 3-0 or 2-1 in games. No record is kept - handicaps issued if needed. Report all scores to teacher.

Remind - grip - ready - and don't hit ball if not safe

**SUMMARY (5 Minutes)**

Next week mini tournament



School Squash  
Teacher Manual  
~ For Grades 3-6 ~

**LESSON TWELVE – “COMPETITION”**

**EQUIPMENT**

ONE FOAM 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 tournament - games to 5 points keeps players changing - your choice handicap as necessary

All are winners

**SUMMARY (5 Minutes)**

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



# School Squash Teacher Manual ~ For Grades 3-6 ~

## **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.





# School Squash Teacher Manual ~ For Grades 3-6 ~

## **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.



# School Squash Teacher Manual ~ For Grades 3-6 ~

## **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



# School Squash Teacher Manual ~ For Grades 3-6 ~

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.



# School Squash Teacher Manual ~ For Grades 3-6 ~

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).