

Squash Facts to get them interested	Squash was invented in 1830 in Harrow England
	Squash came from a larger game called racquets where they used a hard golf like ball
	Tennis wasn't invented until 1873
	Squash was voted the no.1 game for all round fitness
	Chris Dittmar from the morning Tripple M radio show with Roo was considered the best player in history never to win a world title, he was runner up 5 times, but was world number 1 for 2 weeks.
	An average game of squash between evenly matched opponents can burn up to 817 calories per hour
	Squash is played in over 185 countries
	There are over 50 thousand courts around the world

Things to mention at the start of sessions	The Grip: line students up against a wall and briefly explain the grip with a demo they all can see (don't waste time checking all the grips)	
	The lines: The tin and out line are the most important	
	Safety: If you have brick back courts, mention entering and exiting courts and knocking.	
	Safety: Safe hitting/swinging distance	
	Safety: Don't hit the ball if someone is in front of you	
	Mention how the lesson will progress, it may help them stay on task if they know they are building towards or will do a lot of games	
Activities to build confidence & get used to equip. May need 1 foam ball each	Stationary ball balancing forehand & Backhand	
	Ball balancing whilst moving around the court forehand & backhand	
	Ball balancing, use spare hand to knock off other students balls forehand & backhand. 3 sit ups or 1 push up if your ball drops off	
	20 taps up in the air to self, forehand & backhand	
	20 bounces down on the ground to self, forehand & backhand	
	20 "pancake" forehand to backhand taps up	
Activities to build skills. (6 per court)	Hackey sack squash: in groups of 5-8 per court. Students form a circle around the T and tap the ball to each other in a reflex game trying to stop the ball touching the ground	
	All activities below should have 1 player at the front hitting to forehand wall, 1 player in front of T hitting to backhand wall, 1 player at back hitting to forehand wall	Non hitting players
	20 shots, 4 metres from the wall forehand then backhand	20 jumps to out line with no noise
	20 volleys 2 metres from the wall forehand then backhand	
	20 hits forehand to backhand 3 metres from the wall	Balloon volleyball
	20 volleys forehand to backhand 2 metres from the wall	
	20 corner angles on the bounce	Circuit: 10 sit ups, 10 push ups, 10 burpees, 10 lunges
	20 corner angle volleys	
	Standing on half court line, hit a high forehand over head, staying side on hit a high backhand towards the other wall. See how many you can do without stopping or twisting around	
	Stand behind half court line, hit a high forehand overhead, let it hit the wall behind you, bounce then try and continue for as many forehands as possible. Repeat on backhand.	10 egg and spoon laps across the back of court

Serves: 1 student serves, 1 student stands just behind opposite service box and tries to catch the
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Whole group activities (court Vs Court)	serve. They throw it to the next person lining up to serve. Players rotate through. The court that gets the most serves caught after 2 minutes each sides wins	
	Simple hits: Students line up from T going back along half court line. Working as a team popping the ball up as easy as possible into the centre of the court	
	Drives: Students line up from T going back along half court line. Working as a team popping the ball up as easy as possible just in front of the service box, each court tries to get to 50 before the other courts	
	Drives advanced: As above, with 6 students each must touch the opposite front corner after each hit. 5 students, must touch opposite side wall near short line. 4 students, each must run through the opposite service box	
	King of the court challenge: Works best in a centre with even number of courts. All courts have even numbers playing ¾ court to warm up. Scoring between them to work out the rankings in their group. To start the game the best player from 1 court becomes an intruder and goes into the court next door, vice versa. Once the team on the court has beaten the intruder 5 times that court/team wins. Keep going until all players have been cycled through.	
Restricted games to teach shots in game sense approach	Drives: Student serves from left box to anywhere on the right side of the court as long as it's above the service line. Students can then play anything on that side of the court. Change sides	Players at on the back wall or in a back corner should be engaged by: <ul style="list-style-type: none"> • Scoring • Counting • Refereeing • Dodging the ball • Wall jumps • Sit ups • Bridging • Push ups
	Rallying: 1 on 1, other players on back wall as counters and judges (so they are watching). Student serves, but 3 shots must be played "easy" before anyone can attack and win the rally	
	Cross courts: 1 on 1, other players on back wall will need to move side ways if the ball comes. If they don't move and they get hit the go to the end of the line or miss a turn. Student serves from left box and can only hit cross court to the right side of the court. Receiving student must hit cross court to the left side of the court	
	Drop Shots: Short game. 1 student on each side in the front half of the court. You may only hit cross court drops to the other players side of the court.	
	Moving Opponent: ¾ court. Make one of the back quarters out of bounds, have all the non hitting students standing in it. 2 students play 1 on 1 with the aim to move each other forwards and backwards with control.	
	T Control:	
	Match Play: 1 on 1 , other players on back wall will need to move side ways if the ball comes. If they don't move and they get hit the go to the end of the line or miss a turn. Add any bonus points system to encourage certain shots.	
Final week	All on court: Divide players up randomly. Full court ins and outs with all players on court. Each 5 minutes blow a whistle and the player with most points moves up a court, player with lowest moves down.	Players off court should be engaged by: <ul style="list-style-type: none"> • Marking or refereeing with scoresheets and boards from upstairs • Footwork Ladder • Skipping ropes • Frisbee for backhand • Wii Squash game • Flingers • Ice cream catch
	Timed tournament with round robin draws.	
	Tournament with games up to 11	
	Themed courts: For fun give each court a different theme and have students moving through in small groups. Hockey court, Cricket court, racquetball court, king of the court, ball machine court. Volleyball court, fitness station, squash on TV station.	