

# Start Med Squash



An introduction to squash for adults

## Weekly Programme information for Trainers / Coaches

Course is 1 hour per week for 8 weeks – on same day and time each week

### Adult Introduction to Squash

8-week programme

Squash – the best compliment to your training you could ever do.

This 8 week course will introduce you to squash and teach you the most important skills so you can both enjoy matches using better technique and tactics and incorporate it into your fitness training programme as an enjoyable and challenging alternative to the gym.

You will develop agility, balance, coordination, and Speed skill and how to play, while getting to know others who are also interested in playing...and they can become your playing partners.

Remember, squash is an indoor sport so if it's not nice outside, it's the perfect activity.

Registration includes a racket and a ball.

## The programme



Start Med Squash is an 8 week introduction programme for people who have never played before and includes:

By the end of week 8 you will have learnt the following:

- How to hold the racket correctly
- Correct technique to hit the ball well.
- How to play a match and understand the basic rules and how to score
- How to play the main shots we use
- Some important tactics to help make the game enjoyable

Each session is 1 hour, there is no age or fitness requirements to participate, your current fitness will develop as you improve your game play. It's literally, you get fitter the more you play as you get better the more you play.

It really is a win – win – win situation for you.

Outcomes.

Each session 1 hour

- Safety on court
  - Entering the court
  - Where to place your belongings
  - Pass the ball to each other with your hand, not with the racket
  - Risks with the racket – hitting your opponent in front or behind you
  - Risk with the ball – no hitting when your opponent is in front of you
- Ice Breaker – in circle – names – passing the ball
- Ball sense - bouncing on racket
  - Bouncing on one side of racket
  - Bouncing on alternating sides of racket
  - Chipping up on forehand – one bounce
  - Chipping up on backhand – one bounce
  - Chipping up – alternating forehand and backhand
  - Forehand volleys
  - Backhand volleys
  - Alternating forehand and backhand
- The grip
  - Show the correct grip
  - Draw a line on the racket grip to help remind how to hold
- Drive / parallel – most basic shot we use
  - Forehand and backhand
  - Face side wall
  - Leading foot
  - Hit in line
  - Default racket preparation
  - Timing to hit the ball
  - Practice in 4's set up
- Serve rules and scoring
  - Stand in the service box
  - Hit on the volley
  - Must hit direct on front wall
  - Go above serve line
  - Land in the opposite back quarter
- Scoring
  - Spin to serve
  - Point a rally
  - Each game to 11
  - At 10-10 must win by 2 clear points
  - Match in first to win 3 games
- Play a game
  - For the class – first to 7 points – swap around
  - 3 goes at serving today
- Summary of activity

- Warm up – squgby
- Grip reminder and check
- Drives / parallel practice – forehand and backhand
  - 4's – 2 throwers / 2 hitters
  - 3's – 2 throwers / 1 hitter
- Volley -
  - Forehand and backhand
  - Face side wall
  - Leading foot
  - Hit in line
  - Hit between chest high and just above head height
  - Short punch swing
  - Keep strings above wrist height through the whole swing
  - Default racket preparation
  - Timing to hit the ball
  - Practice in 4's set up
- Show where to stand to receive serve – so volley can be used
- Games – 3 on court – sliding wall
- Summary

- Warm up – jogging and dynamic stretching
- Grip reminder
- Team rally challenge
  - forehand drives above serve line – 2 hits per person in the team
- Movement to the T
  - A tactic not a rule or right – safety first
  - Get to the T before your opponent hits it
  - Be ready with racket in front of you – muscles engaged
  - When in front of court hit the ball then move backwards out of the shot back to the T
  - When in the back of the court – move out behind your opponent and then back to the T
- Reminder of parallel and volley technique forehand and backhand
- Full games (not matches)
  - Try to put players into groups of equal ability
  - Play to 11 points – 2 clear at 10-10
  - 2 goes at serving
  - Player in group not playing to keep score out loud
  
- Summary of session

- Warm up – jogging – dynamic stretching
- Grip reminder
- Team rally challenge
- Boasts
  - Introduce – help to defend shots
  - Ball each – self feed service box working back to corner
- Drives and volleys reminder of positioning and technique
- Introduce Englishman both sides
  - Try to include:
    - Movement to the T
    - Parallels
    - Volleys
    - Boasts
- Summary of session

- Warm up – jogging and dynamic stretching
- Serve and return practice
- Aiming to serve to the back of the court
  - one bounce then hit back wall.
  - Try to make it difficult for your opponent to get back
  - Remember – the shots you don't like to get, your opponent won't like to get
  - Move to the T and be ready
  - muscles engaged
  - racket in neutral position
- Correct positioning for return of serve –
  - Remember to try to volley.
- Basic tactics
  - Hit away from your opponent
  - Hit to the empty space
  - Keep the ball near the side wall
  - If your opponent hits a difficult shot – play safe – make them play the ball – don't hit it down
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- Conditioned games
  - Above serve line – to help keep the ball in play
  - Rackets placed behind serve box and against the wall both sides – this is a target – play a game to 11 – if you hit the target you get 5 points – this is to help keep the ball tight.
  
- Summary of session

- Warm up – Squgby
- Grip reminder
- Dropshots
  - 90% attacking – not a winner but to move your opponent forward
  - Introduce
    - Face side wall
    - Leading foot
    - Shorter backswing
    - Positive and smooth swing
    - Follow through  $\frac{3}{4}$  of full follow through
    - Speed you swing is the speed the ball will go
  - 4's practice for dropshot – rotate
  - 3's practice dropshot
    - Back to the T
- Reminder of positioning for all straight shots
  - Face side wall
  - Leading foot
  - Racket preparation different for each shot
- Games to 11
  - Include all shots
    - Good serve
    - Move to the T
    - Good positioning on return of serve
    - Move to the T
    - Face side wall when playing straight (parallel / volley / dropshot)
    - Move to the T
    - Boast when defending
    - Tactics
    - Score out loud
- Summary of session



- Warm up – jogging and dynamic stretching
- Grip reminder
- Lob
  - Introduce
    - Face side wall
    - Leading foot
    - Almost no backswing
    - Racket under ball
    - Swing upwards – follow through over your shoulder
    - Aim at the top line on front wall
    - Height is the most important
    - Ball to land on the floor before hitting the back wall
  - 4's practice for straight lob – rotate
  - 3's practice - rotate
  - Thrower raises arms high after feed – hitter to aim over their hands and make the ball land on the floor first
- Games
- Games to 11
  - Include all shots
    - Good serve
    - Move to the T
    - Good positioning on return of serve
    - Move to the T
    - Face side wall when playing straight / parallel / volley / dropshot / lob
    - Move to the T
    - Boast when defending
    - Tactics
    - Score out loud
- Summary of session

- Warm up – dynamic stretching
- Fun team match
- Reminder of everything
  - Grip
  - Good serve
  - Move to the T
  - Good positioning on return of serve
  - Move to the T
  - Face side wall when playing straight / parallel / volley / dropshot / lob
  - Move to the T
  - Boast when defending
  - Tactics
  
- Coach to decide the teams – make it equal
- Best of three games for each match
- End of course presentation and photos with diplomas
- Sign up for the next course