

1.6

DISHES & DOMES

INTRODUCTORY ACTIVITY

AGES 5-11

THE GAME

The coach places cones in an area, half the cones are Domes (standing the correct way up), the other half are Dishes (facing upside down).

Players are split into two teams.

On the coach's command, one team changes the Domes into Dishes and the other team changes the Dishes into Domes.

After a specified time period, the coach stops the game. The winning team is determined by the total number of Domes or Dishes at the end of the game.

Play either a single game, or the best of three or five games.



LEARNING OUTCOME

Players will understand the reasons for warming up: preparing the body physically for sport through dynamic movements, and mentally by listening to the correct instructions.

SAFETY

Always make sure there is enough space for the amount of people taking part in the warm up.



ENGLAND
squash
JUNIOR 101

2.5

SOLO RALLIES – GETTING TO GRIPS

SKILL DEVELOPMENT

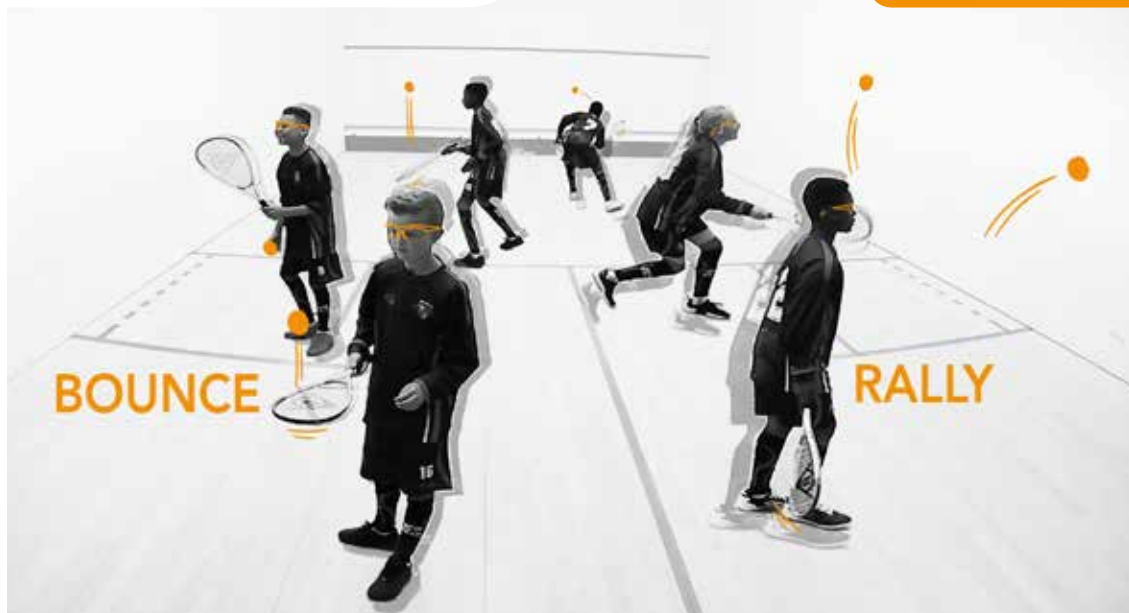
AGES 5-16

THE GAME

Individually, players continuously bounce a squash ball on their racket as many times in a row as possible.

Players can then move to hit the ball off the wall when competent.

Give players some practice time and then challenge them to get as many bounces as possible in a set time.



LEARNING OUTCOME

Children will compare their performance with previous results and aim to beat their personal best.

FURTHER INFO: 

ORGANISING THE GAME

Players bounce a ball on their racket and alternate using the forehand and backhand sides for the following activities:-

Racket bounces – ball continuously hitting the racket.

Bounce the ball from racket to the floor and then back to the racket (one bounce each time).

SPIRIT OF THE GAME

Encourage players to concentrate on the practice to get the technique of each shot correct, the skills developed here are needed in the full game.

SAFETY

Wherever possible, players should be wearing goggles when hitting against the wall with a racket. Always make sure there is enough space for the amount of people taking part in the activity.



MAKE IT EASIER

Change the ball or, if players can't complete the game with a racket, give them modified equipment or let them use their hands as rackets.



MAKE IT HARDER

Hit the ball onto the wall after one bounce on the floor.

Hit the ball off the wall continuously without the ball bouncing on the floor (volleys).

Create a competition to see which player scores the most points in a set amount of time.

OFFICIATING

Players could work in pairs and count the score.

SKILL LINK

This game encourages and improves the accuracy of players' hand-eye coordination and develops individual competition skills helping them achieve a personal best.

3.1

SQUASH (FULL GAME)

GAMES

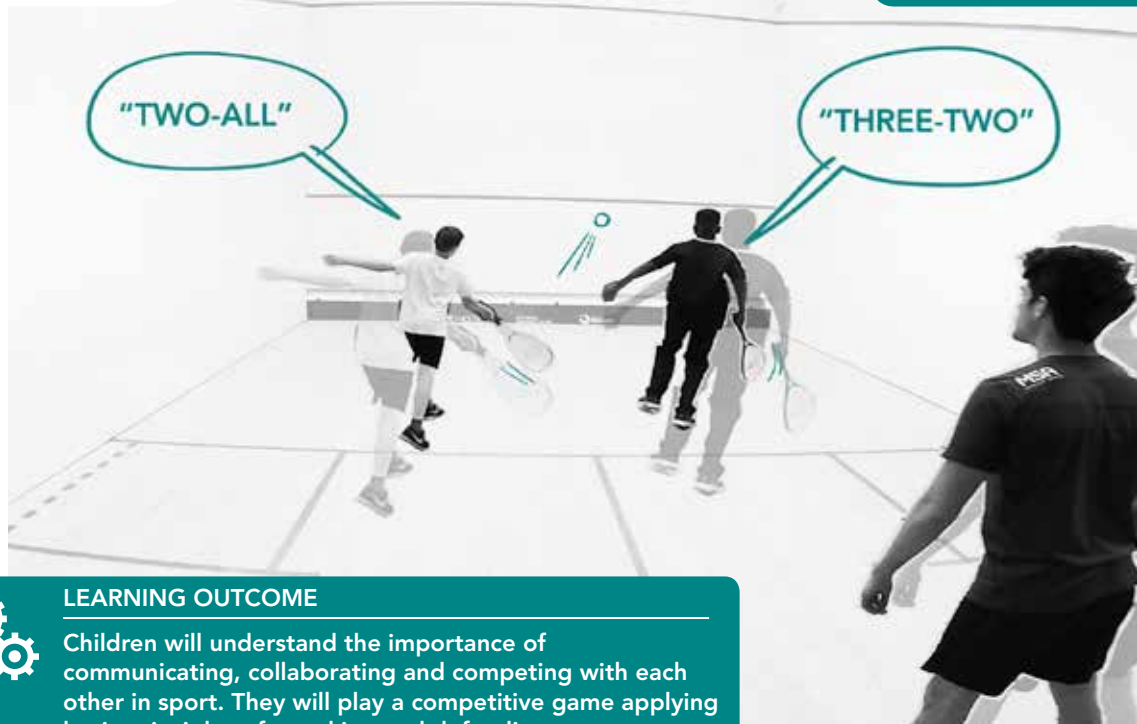
AGES 5-16

THE GAME

A classic game of singles to an agreed number of points; this could be adapted to playing for a set period of time or to a higher points total.

A rally can be won if your opponent cannot return the ball after one bounce or they hit it out of the court (on the line is out in squash). The winner serves to start the next point.

This game can be adapted and played against a wall in a gym, sports hall or against a portable squash wall.



LEARNING OUTCOME

Children will understand the importance of communicating, collaborating and competing with each other in sport. They will play a competitive game applying basic principles of attacking and defending.

FURTHER INFO: 

ORGANISING THE GAME

If not on a squash court, use throw-down lines to mark out enough playing areas, with two players playing per court. Ensure that each court has a suitable ball and two rackets.

Serve from one half of the court into the other hitting the ball against the wall above waist height (on court it must be above the middle red line. Dependent on ability, explain service box rules.)

Play for a set time or to the best of five games, each game being the first to 11 points. If the score is 10-all, then the first person to go two points clear wins.

The ball can bounce once on the floor or can be volleyed.

OFFICIATING

You can encourage players to rotate as officials and scorers for each match.

SAFETY

Wherever possible, players should be wearing goggles when hitting against the wall with a racket. Always make sure there is enough space for the amount of people taking part in the activity.s

If, in attempting a shot, a player could risk hitting their opponent with the racket or ball, stop and play the rally again. This is known as a 'let'. Ensure the players know this rule.

SPIRIT OF THE GAME

Encourage the movement from and back to the T Zone after each shot.

Think tactically and encourage players to hit the ball away from their opponent into space.

Serve above waist height or play normal service rules if on a squash court.



MAKE IT EASIER

Use a softer ball.



MAKE IT HARDER

Use a harder ball.

SKILL LINK

Assess your opponent:
Which shots do they struggle to return?
How can you play to ensure you win the point?