

SQUASH SQUAD 6-WEEK PROGRAMME

WEEK	RULE / FACT	INTRODUCTION	SKILL DEVELOPMENT	LEARNING	GAME PLAY
WEEK 1 SERVE & RETURN	Parts of the Court (6.12) Grip Serve & Return Service (foot in the box, above the line, into opposite back corner)	Simon Says (6.7)	Wall Taps (7.8) Service Preparation (7.11)	Serving (7.16) Service Games (7.12)	Pair Rallies Cooperative (8.4) Three-Quarter Court (8.8) – normal
WEEK 2 LENGTH – DRIVE & LOB	Gameplay (one bounce, alternate hits) Scoring (PAR 11/15, win by 2)	Bouncy Ball Ghosting (6.8)	Lined Up (7.9)	Feeder and Hitter (7.21) – straight length Lob Game (7.13)	Height Game (8.5) Three-Quarter Court (8.8) – normal
WEEK 3 SHORT – DROP	Interference (Let, Stroke, No Let)	Catch Squash (6.10)	Target Rotations (7.18)	Feeder and Hitter (7.21) – straight drop Team Rally Challenge (7.4)	Half-Court (8.7) – short game (front half) Three-Quarter Court (8.8) – no back ¼ strip
WEEK 4 TAKING THE BALL EARLY – VOLLEY	Game Etiquette (warm up, spin a racquet, shake hands, thank marker/ref)	Forwards, Backwards and Lateral (6.5)	Volley Hitting (7.15)	Serve & Return (7.17)	Height Game (8.5)
WEEK 5 USING ANGLES – BOAST & CROSS COURT	Right Ball & Equipment	Over the Gate (6.2)	Around the Sun (7.7) Target Trainer (7.2)	Boasting About (7.19) Cross Court Challenge (7.20)	Pair Attack (8.1) Three-Quarter Court (8.8) – normal
WEEK 6 MARKING & REFEREEING	Role of Marker and Referee	Matchplay / Mini Tournament – players play as well as mark and referee			