



SQUASH STARS

An introduction to Squash Stars



Squash Stars Programme:

INSPIRING **YOUNG PLAYERS TO SHINE**

Squash Stars is a dynamic initiative designed to ignite a lifelong passion for squash in children at the foundational stage of the Sport NZ pathways model. Through engaging and age-appropriate activities, the programme provides a fun, inclusive, and supportive environment where every child can develop their skills, build confidence, and make new friends. Our vision is simple:

**More young people
experiencing and thriving
through squash.**

Developed in collaboration with leading experts from the wider squash community and other sporting codes, and supported by our national partners, Squash Stars integrates evidence-based methods with a modern, game-centred approach. By focusing on play and game-based activities, we create an environment where skill development is both fun and effective. Our goal is to nurture a love for the sport while promoting physical literacy and personal growth.

How Squash Stars Works

The programme spans 4, 6, or 8 weeks, with each session lasting 30 minutes to one hour. Activators and coaches use age-appropriate equipment and activities to ensure every child has a positive and fulfilling experience, whether they are new to the game or have some experience. Each session focuses on key skills such as movement, striking, and tactical play, helping participants not only learn the fundamentals of squash but also gain the confidence to participate in other sports and physical activities.

THANK YOU

Squash New Zealand Poipātū Aotearoa gratefully acknowledges the support from the Pub Charity and New Zealand Community Trust in producing these resources.



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STAR AWARDS

To further encourage and recognise young players' progress, the STAR Awards are integrated into the programme. These awards test players' abilities in basic squash skills, understanding of the rules, and tactical knowledge.

AWARD LEVELS:

1 Star, 2 Star, 3 Star, Bronze, Silver, Gold, and Referee.

CORE PRINCIPLES:

Competence, Confidence, Connection, and Character

Squash Stars is dedicated to nurturing well-rounded young people by focusing on these four core principles:

- **Competence:** Developing a broad range of skills to enable children to engage confidently in squash and other physical activities.
- **Confidence:** Building self-belief and helping children apply their skills effectively in game situations.
- **Connection:** Creating a sense of belonging by encouraging teamwork and camaraderie among participants.
- **Character:** Promoting values like integrity, respect, and humility, which support both personal growth and positive interactions with others.

The Philosophy – CREATING SMILES

Traditional repetitive drills and isolated practice often lead to disengagement among young players. Squash Stars takes a modern approach, valuing play, exploration, and enjoyment, creating an environment where young people can thrive. Our programme is designed to meet the unique needs of today's young people, fostering growth, joy, and a love for squash that lasts a lifetime.

SMILES GUIDING PRINCIPLES

Skill Learning happens through play. Squash should be a game kids love—not just a sport they learn. Every rally, every movement, and every laugh is part of their development. Learning is messy, and mistakes? They're not setbacks; they're stepping stones. Progress isn't a straight line—it's more like a mountain range, with ups and downs along the way. By experimenting, adjusting, and trying again, kids build resilience and develop skills naturally, shaping a lifelong love for the game.

More Action, More Often More play, less waiting. Active participation drives improvement. When kids are constantly involved—hitting, moving, and problem-solving—they learn faster and stay engaged. Sessions are designed to minimise downtime, replacing lines and lectures with movement and meaningful play. The more they play, the more they grow.

Inclusive: No matter a child's skill level, background, or ability, they should feel welcome. Activators and coaches adjust activities to meet each player where they are. A mix of challenges and adaptations ensures that everyone, from beginners to confident players, can participate fully and experience success—ensuring everyone has a chance to shine.

Learning through Exploration: Curiosity fuels progress. Children aren't just told what to do—they discover it. There's no single "perfect" technique. They experiment, problem-solve, and develop their own style. The game becomes a puzzle to solve, a challenge to overcome, and an adventure to explore.

Engaging & Enjoyable: Squash should feel exciting and rewarding. Where possible, encourage kids to take charge of their learning, set their own challenges, and have fun along the way. When children enjoy their experience, they build a personal connection to the game—one that lasts beyond the session and into a lifelong passion.

Success: What's learning without progress? Every improvement—big or small—is worth celebrating. Whether it's hitting the ball one more time, moving with more confidence, or discovering a new skill, every step forward builds belief. Success isn't about comparison; it's about personal growth. When children feel a sense of achievement, they develop the confidence to keep playing, keep improving, and keep coming back for more.

This is squash, reimagined—where every child plays, learns, and thrives with SMILES.

USING THE SQUASH STARS RESOURCE



This resource guide offers developmentally appropriate, engaging activities to develop children's skill levels and confidence through a play-based, game-centred approach. The activities allow children to learn squash skills while playing, making the experience more enjoyable than just learning drills.

You can use the example 8-week programme or mix and match activities to set your own sessions.

Simply pick an activity from each section to create your Squash Stars session. You can even create a longer session by choosing several activities from each section—the choice is yours! For example, you could select:

- 1 introduction activity
- 1-2 skill-based activity
- 1-2 games

This combination creates a fun, engaging session of approximately 45 minutes. You can create a longer session by choosing additional activities from the list.

THE RESOURCE INCLUDES:

- **Brief Introduction and Learning Focus** – Each activity includes a learning focus, highlighting the key skill, movement, or tactical concept being developed.
 - **Equipment Required** – A list of necessary equipment for each session.
 - **Activities** – A range of developmentally appropriate, engaging activities that will make up each lesson.
 - **Easy-to-Use Ideas** – Tips to make activities harder or easier.
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SAFETY

The Squash Stars programme is developed to ensure that each child has the opportunity to be active in a safe learning environment. Regardless of the group size and playing area, activators/coaches need to provide a safe environment that allows children to participate without risk.

Activators need to consider the following when conducting their lessons:

- Ensure a safe playing environment: Check the court/hall surface before starting. Ensure it is dry, clean, and free of foreign objects.
- Provide enough space: Keep at least 2m between activity stations to prevent collisions or interference.
- Clearly define play areas: Use floor tape, spot markers or cones to outline boundaries and individual workspaces.
- Give clear instructions: Ensure students understand activity rules and how to use equipment safely.
- Monitor spacing during activities: Ensure students have enough room to swing racquets and strike balls safely.
- Keep the court clear: All obstacles or equipment not required should be removed from the playing area before starting each activity.
- Modify activities as needed: Assess and adjust games to ensure safety and engagement for all participants.
- Always Supervise: Maintain control of the session, ensuring participants are safe and engaged throughout.

Child safeguarding training can be accessed via [Sport NZ portal](#)

By following this guide, activators can create enjoyable and safe sessions that build confidence and skills in a fun, inclusive environment.

EQUIPMENT LIST FOR SQUASH STARS

- Non-slip markers /cones or tape– to define play areas and safe zones and targets
- Soft objects (bean bags, foam balls, small cones) – for coordination activities
- Squash rackets (junior and standard sizes)
- Squash balls - foam and blue dot or other squash balls suitable variation in skill levels
- Hula hoops - for aiming and target-based activities
- Balloons – for hand-eye coordination and introductory activities
- Skittles or triangle cones – for accuracy-based games like 'Rebound Skittles'
- Foam or tennis balls – for cooperative and competitive catch games

SAFETY & ORGANISATION:

- First aid kit – for minor injuries
- Whistle or signal tool – for starting and stopping activities
- Goggles – for eye protection

EXAMPLE – 8 SESSION PROGRAMME

WEEK	INTRODUCTION	SKILL DEVELOPMENT	GAME
WEEK 1 INTRODUCTION & ENGAGEMENT	Ballooning Around (Hand-eye coordination)	Catching & Passing (Throwing, catching, and reaction skills)	Squicket (Shot play & movement in a team game)
WEEK 2 COORDINATION & CONTROL	Truck & Trailer (Spatial awareness & movement)	Keep It Up (Racket control & reaction speed)	King of the Court (Competitive rallying & quick play)
WEEK 3 TARGETING & PRECISION	Lily Pads (Agility & decision-making in movement patterns)	Target Fun (Accuracy through aiming challenges)	Rebound Skittles (Control & precision through target-based play)
WEEK 4 RALLY & MOVEMENT	Human Bop It (Reaction time & decision-making)	Wall Walking (Wall-based play & movement)	Mini Squash (Structured rally play in a modified format)
WEEK 5 TACTICAL PLAY & SHOT VARIETY	Dishes & Domes (Movement speed & awareness)	Rally Ball (Rally consistency & shot selection)	Keep It Boiling (Reaction speed & endurance in rallies)
WEEK 6 COMPETITIVE FOCUS	Tidy Your Room (Quick footwork & throwing accuracy)	Cooperative Catch Squash (Catching & passing with racket control)	Competitive Rallying (Fixed Halves) (Structured rally play with positioning awareness) King of the Court (Competitive rallying & quick play)
WEEK 7 SHOT SELECTION & STRATEGY	Space Invaders (Reaction speed & lateral movement)	Skittle Squash (Accuracy & strategic shot placement)	Squash Full Game (Applying all skills in structured match play)
WEEK 8 GAME PLAY & FESTIVAL	Strike a Pose (Balance & movement control in a fun way)	Two Square (Reaction speed & rally-building) Four Square (Reaction speed & rally-building)	Box Leagues (Match play & structured scoring)

STEP PROCESS

The STEP process is an inclusion model that helps activators modify activities to enhance learning, engagement, and accessibility. By adjusting game constraints — eliminating, refining, or adding rules and conditions—activators can guide focus towards specific learning elements.

For example, games can be adapted by:

- Adjusting the court/playing space size
- Changing the type of ball or other equipment
- Modifying rules, such as allowing two bounces positive interactions with others.

STEP FRAMEWORK:

- **Space** – Modify the size or shape of the playing area
- **Task** – Adjust rules, scoring, or coaching approach
- **Equipment** – Use different balls, introduce rackets, or adapt gear
- **People** – Change the number of players or team structure

By applying the STEP framework, activators and coaches can tailor activities to suit different abilities, ensuring sessions are inclusive, engaging, and developmentally appropriate for all players.

A quick reference guide to CREATING SMILES



SKILL LEARNING

Learning is Messy: Skill development through fun, game-based activities involves ups and downs, and that's okay!



MORE ACTION, MORE OFTEN, FOR MORE PLAYERS

Less Waiting, More Playing: Sessions are structured to keep children active and involved, avoiding long lines and lectures.



INCLUSIVE

Catering to All Children's Needs: Adjust activities to suit each player's skill level and interests.



LEARNING THROUGH EXPLORATION

Encourage Creativity: There's no single "right" way to play. Allow space for players to try new things and find their own solutions.



ENGAGEMENT & ENJOYMENT

Promote Ownership: Encourage players to set their own goals and challenges, moving from coach-driven to player-driven choices.



SUCCESS

Celebrate Progress: Ensure every player experiences a sense of achievement, no matter how small.





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INTRODUCTION ACTIVITIES





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1.1

BALLOONING AROUND

Ballooning Around is a fun game that helps younger children develop tracking and hand-eye coordination needed for squash. By using balloons, which move slower than balls, children can enjoy success and build confidence while learning essential skills.

LEARNING FOCUS

The focus is on tracking a moving object and developing hand-eye coordination to successfully strike or hit it. This game also encourages children to think about moving around in response to the balloon's flight, enhancing their spatial awareness.

SET UP

- **Equipment:** Balloons, lightweight rackets, or other alternatives to strike the balloon.
- **Space:** Large open area with enough room to move around.
- **Safety:** Ensure your game area allows enough space for players to move around freely without collision.



PLAY:

- Start the game by having players keep the balloon up in the air using any part of their body while moving within the designated area.
- You can give each player their own balloon or have a few balloons that anyone can hit.
- As the children get comfortable, watch and consider their interest and success.
- Begin adding optional challenges and progressions to keep the game engaging and appropriately challenging.

EXAMPLE INTRODUCTION

"Imagine you're in a magical land where balloons float around, and your job is to keep them from touching the ground. Use your hands, feet, or even your head to keep the balloons in the air. Move around the space and see how long you can keep your balloon floating!"

LEARNING QUESTIONS

- What helps you keep the balloon in the air?
- How do you manage to keep the balloon up without colliding into anyone else – what sorts of things do you need to think about?
- What challenge did you enjoy best – and why?

ENCOURAGE PLAYERS TO

Encourage confidence and autonomy by allowing children to choose their level of challenge and share their own ideas for making the game more fun and challenging.

POST ACTIVITY REFLECTIONS

- Did you see players successfully keep the balloon in the air?
- How well did players control the balloon while moving?

SKILL LINK

This activity is excellent for improving eye-hand coordination, as children must track the balloon and time their hits accurately.



MAKE IT *HARDER*

- Add targets or obstacles for the kids to move around while keeping the balloon up.
- Have them work in pairs to make it more challenging.
- Add a racket or other object that can substitute for a racket.



MAKE IT *EASIER*

- Reduce the number of balloons or allow more time for each turn.
- Let children use their hands instead of rackets.

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TRUCK & TRAILER

The perfect game for developing coordination and teamwork. In this activity, one child is the “truck” leading the way, and the other is the “trailer” following closely behind. It’s all about staying connected while navigating the space, creating an exciting challenge that improves agility, spatial awareness, and decision-making.

LEARNING FOCUS

This game is about moving quickly and smoothly in response to a partner's actions. It helps children improve their agility and coordination while becoming more aware of their surroundings. The teamwork element encourages decision-making as they adapt to changing speeds and directions.

SET UP

Safety:

- Ensure sufficient space between pairs to prevent collisions.
- Remind children to be aware of their surroundings.



PLAY:

- Begin by pairing up the children and assigning one as the “truck” and the other as the “trailer.”
- Explain that when the whistle blows or on the coach's instruction, the truck will start moving around the area, and the trailer must follow closely, trying to stay as close as possible without touching.
- Demonstrate how the truck can change directions and speeds to challenge the trailer.
- After a set time or another whistle, have the children switch roles, giving each child a chance to lead and follow.

EXAMPLE INTRODUCTION

"Imagine you're a truck pulling a trailer through a busy yard. One of you leads the way, weaving around obstacles, speeding up, slowing down, and changing direction. Your partner, the trailer, must stay close but avoid touching! When the whistle blows, switch roles and let the trailer become the truck. Stay close and move smoothly!"

LEARNING QUESTIONS

- What strategies did you use to stay close to your partner?
- How did changing roles affect your movement?

POST ACTIVITY REFLECTIONS

- Did the children maintain proximity to their partners effectively?
- How well did they adjust to changing roles?

SKILL LINK

This game enhances agility, coordination, and spatial awareness, helping children learn to adjust their movements based on visual cues and proximity.



MAKE IT *HARDER*

- Add obstacles or increase the speed of movement to make it more challenging.
- Quick changeovers from truck to trailer and vice versa.



MAKE IT *EASIER*

- Reduce the size of the area to make following easier.
- Allow more time for each role to help children adjust.

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1.3

LINE DANCING

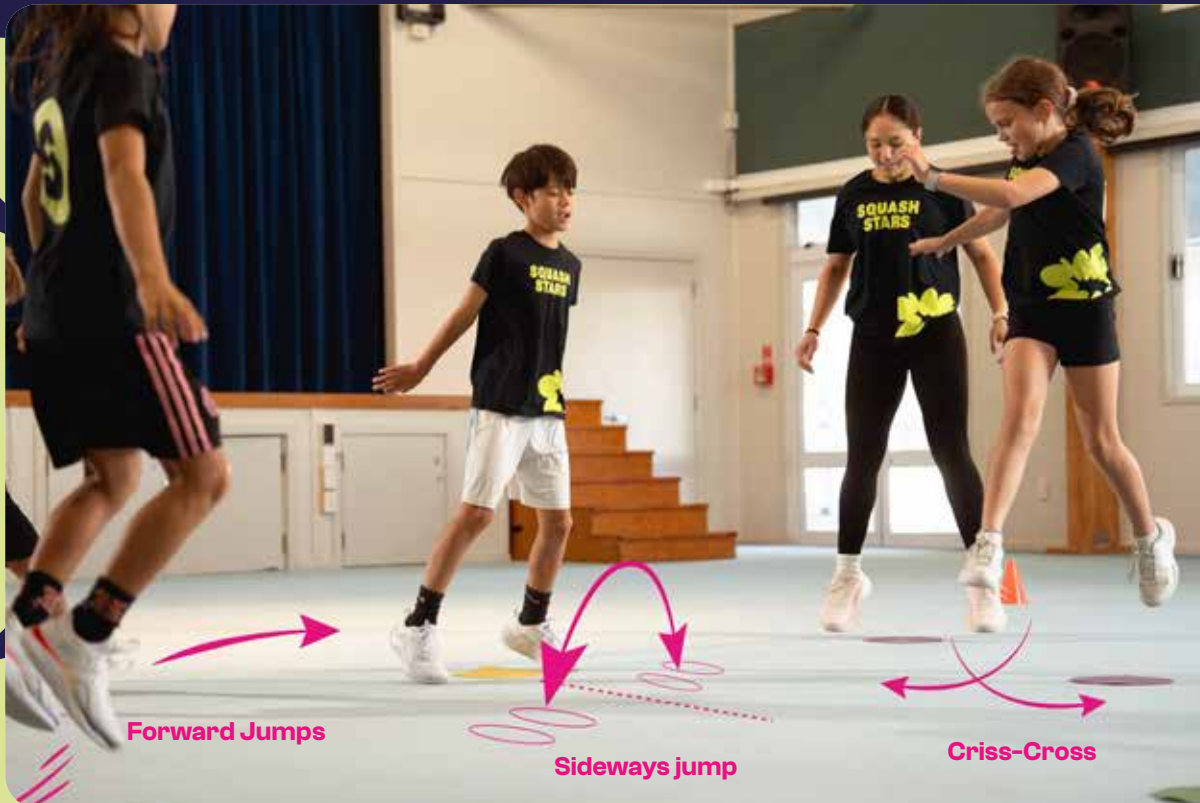
Line Dancing turns warm-ups into a game! This dynamic and fun activity gets children jumping, hopping, and following instructions, waking up their bodies and minds, and getting them ready to give their best.

LEARNING FOCUS

Line Dancing shows children how dynamic movements prepare the body for action. It highlights the importance of balance and coordination while sharpening listening skills.

SET UP

- **Space:** Use an open space, use the taped or painted lines on the surface. Alternatively use tape or throw down lines, to create your own lines.
- **Safety:** Ensure there is enough space and awareness of others.



PLAY:

- Have the children stand behind a line on the floor.
- Explain that you will call out different jumping and hopping actions, and they need to follow your instructions.
- Demonstrate each action, such as forward jumps, sideways jumps, hopscotch, and criss-cross.
- Encourage the children to engage in these dynamic movements, emphasizing the importance of warming up their bodies and listening carefully to instructions.

EXAMPLE INTRODUCTION

"Imagine you're dancers on a big stage, and I'm the dance teacher. I'll call out different moves, and you need to follow along. Let's start with some simple jumps and hops, and then we'll add more exciting moves!"

ACTIONS

Forward Jumps: With feet together, jump forwards and backwards over the line.

Sideways Jumps: With feet together, jump sideways over the line.

Hopscotch 1: Players start with one foot on either side of the line. From standing on two feet, hop onto the line with one foot and then back onto two feet and repeat.

Hopscotch 2: Players alternate the leg they hop onto.

Criss-Cross 1: Players jump so their feet are crossed and then uncrossed.

Criss-Cross 2: From a sideways position, players start with legs crossed either side of the line, then jump from a crossed position over the line to another crossed position, alternating the leading leg.

POST ACTIVITY REFLECTIONS

- Did the children follow the jumping and hopping instructions accurately?
- How well did they maintain balance during different jumps?

LEARNING QUESTIONS

- How does warming up help your body prepare for sports?
- What did you notice about your balance when you tried the different jumps?

SKILL LINK

This activity enhances coordination, balance, and listening skills.



MAKE IT *HARDER*

- Create a competition to see which child scores the most points in a specific amount of time.



MAKE IT *EASIER*

- Focus on fewer types of jumps to simplify the activity.

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LILY PADS

Lily Pads is an exciting game where children jump from one spot to another, simulating crossing a pond on lily pads. This activity is great for improving coordination, balance, and teamwork. Who doesn't love the thrill of crossing a pond, hopping from one lily pad to the next? Lily Pads is a game where children improve their jumping and landing skills while working together to reach the other side safely.

LEARNING FOCUS

This game helps children develop coordination and balance by jumping and landing on different spots. It also encourages teamwork and communication as they work together to cross the pond..

SET UP

- **Equipment:** non-slip rubber spot markers or alternative to use as lily pads.
- **Space:** Open flat indoor or outdoor surface
- **Safety:** Ensure the area is free of obstacles. Use non-slip surfaces for lily pads. Supervise children to prevent accidents.



PLAY:

- Spread markers (lily pads) across the floor.
- Explain to the children that they will start from either end of the pond and jump from one lily pad to another, aiming to cross within 30 seconds.
- Only one child can be on a spot at a time, so they must time their jumps carefully and communicate with their teammates to avoid collisions and ensure everyone gets across safely.

EXAMPLE INTRODUCTION

"Imagine you're frogs trying to cross a pond full of lily pads. Each pad is a safe spot, but only one frog can jump on it at a time! Start from opposite ends of the pond and take turns jumping from pad to pad. Be careful—timing is everything. Talk to your teammates to make sure everyone has a chance to move safely across."

Encourage exploration and autonomy by allowing players to explore different movement options or jump type?

LEARNING QUESTIONS

- How did you choose which lily pad to go to next?
- What would you do differently next time?
- How did you help your teammates?

POST ACTIVITY REFLECTIONS

- Did the children successfully jump and land from one lily pad to another? What types of movements did they use ie: jumps, hops or leaps? Or did they explore a variety of options?
- What did they enjoy most and why?

SKILL LINK

This game enhances jumping and landing skills, improves coordination and balance, and develops teamwork and communication.



MAKE IT *HARDER*

- Increase the distance between the lily pads.
- Reduce the number of lily pads.



MAKE IT *EASIER*

- Decrease the gaps between lily pads, allowing for short, simple jumps.
- Add extra lily pads.

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HUMAN BOP IT

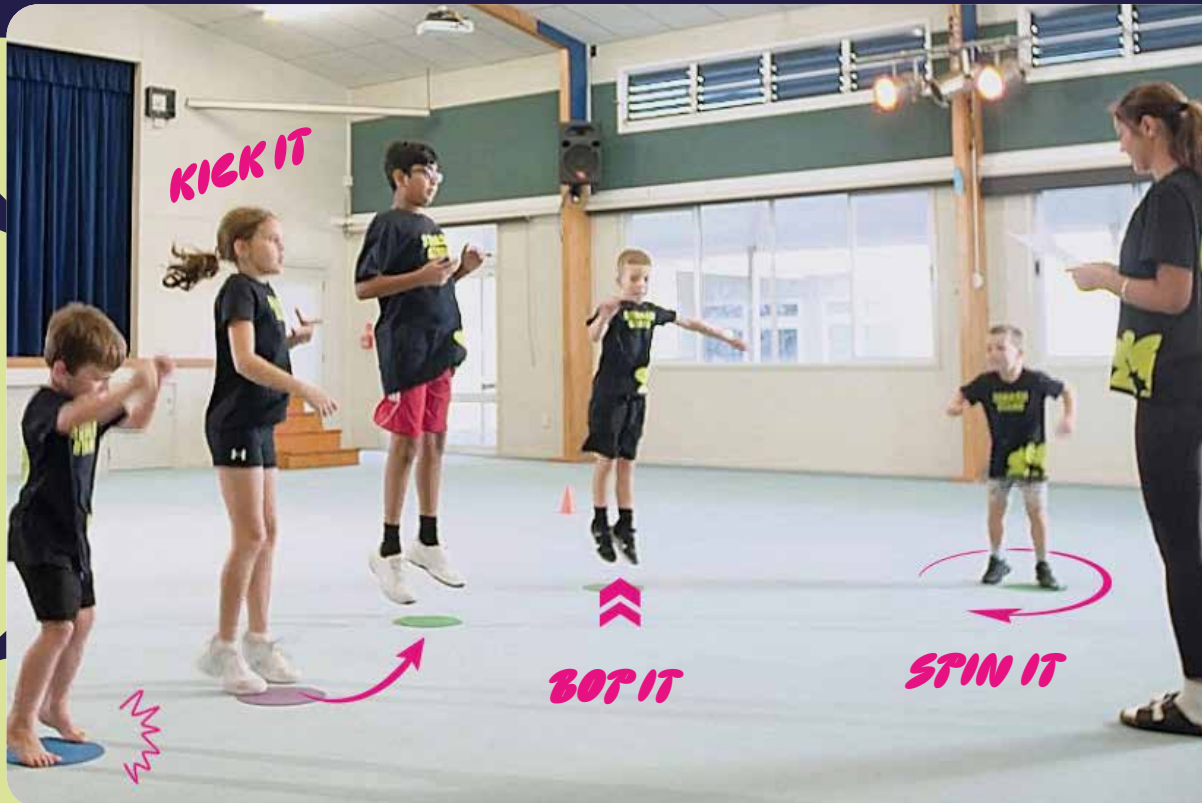
Human Bop It turns the classic game into a dynamic warm-up! Kids move freely, listening for commands like “Twist It” or “Kick It,” responding with quick actions that get them thinking and moving.

LEARNING FOCUS

This activity develops reaction time, coordination, and spatial awareness. It's a fun way to help children sharpen their listening skills while warming up their bodies. By combining physical and mental preparation, it sharpens reaction time and coordination, helping children respond quickly and accurately to instructions.

SET UP

- **Space:** Large open area with enough room to move around.
- **Safety:** Reiterate that players should kick the open air and not fellow players. Always make sure there is enough space for the number of people taking part in the warm up.



PLAY:

- Begin by ensuring there's plenty of space for players to move freely.
- Gather the group and explain the game: Once everyone is comfortable, spread the children out in the play area.
- Start at a slow pace, calling one command at a time.
- Gradually increase the speed as players gain confidence.
- Encourage high energy and focus to keep the game exciting.

EXAMPLE INTRODUCTION

"Imagine you're part of a big, moving puzzle. Spread out in the space, ready to hear the coach's calls. When you hear 'Kick It,' kick your foot forward. 'Twist It'? Twist your body. 'Spin It'? You know what to do—spin around!"

ACTIONS

- **Kick It:** Kick one foot forward gently while keeping your balance.
- **Twist It:** Twist your upper body halfway to the side and then back, keeping your feet planted.
- **Spin It:** Jump and spin all the way around, landing safely on both feet.
- **Pull It:** Pretend to grab two levers above your head and pull them down.
- **Bop It:** Jump straight up into the air.

POST ACTIVITY REFLECTIONS

- Think about how the children moved. Were they quick to respond? Did they perform the actions correctly?

LEARNING QUESTIONS

- Which action was the trickiest to follow?
- How did you adjust as the pace increased?
- What helped you respond quickly to the coach?

SKILL LINK

Improves coordination and reaction time.



MAKE IT *HARDER*

- Speed up the commands or turn it into an elimination game where mistakes mean you're out.



MAKE IT *EASIER*

- Slow down and focus on just a few commands at a time.

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STRIKE A POSE

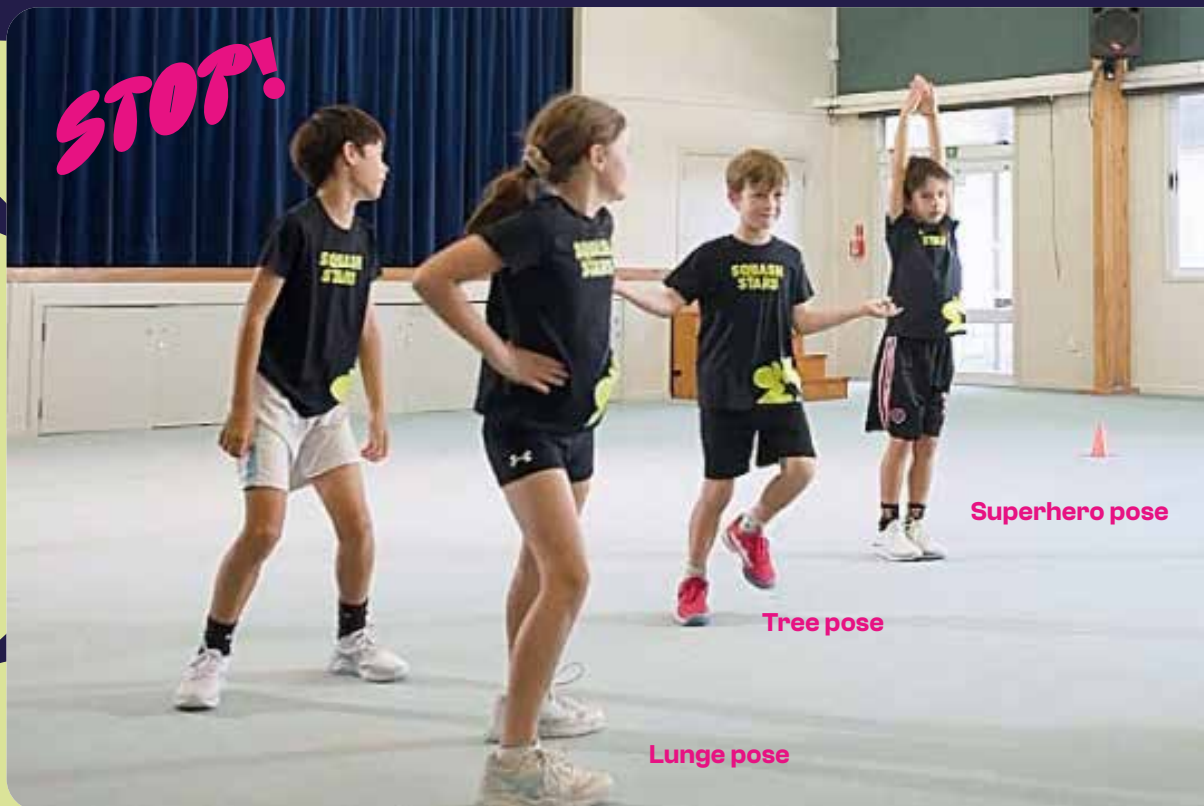
Strike a Pose is a lively and fun-filled activity where kids get to jog, skip, jump, and hold balance poses as they respond to the coach's calls. It's the perfect way to get them energised while improving balance and focus.

LEARNING FOCUS

This activity is designed to get kids moving and warming up through dynamic movements and balancing exercises. As they react to the coach's commands, they will build better balance, enhance their body control, and sharpen their focus. Each pose challenges their concentration while helping them develop strength and stability.

SET UP

- **Space:** Open flat indoor or outdoor surface.
- **Safety:** Ensure there is enough space for the number of players to avoid collisions.



PLAY:

- Have the children jog around the court or area.
- Explain that when you call 'stop,' they need to balance on one leg.
- Demonstrate different poses they can try, such as lunges, and encourage them to hold the pose for a few seconds before continuing to jog.
- Repeat this process, introducing new poses each time you call 'stop.'

EXAMPLE INTRODUCTION

"Alright team, it's time to get our bodies moving and strike some fun poses! When I say 'STOP,' I want you to freeze and pretend you're statues in a museum and hold your balance. Ready? Let's do this!"

POST ACTIVITY REFLECTIONS

- Did the children balance on one leg effectively?
- How well did they follow instructions for different poses?

ACTIONS

Some fun poses to try:

- **Superhero Pose:** Stand tall, with your arms stretched high like you're flying through the air.
- **Flamingo Pose:** Balance on one leg with the other bent in front, just like a flamingo!
- **Lunge Pose:** Step forward with one leg, bending your knees and looking strong!
- **Tree Pose:** Stretch your arms wide and stand as tall as a tree!

LEARNING QUESTIONS

- How did balancing on one leg help prepare your body?
- What did you notice about your concentration during the different poses?

SKILL LINK

This activity develops balance, body control, and focus.



MAKE IT *HARDER*

- Increase the pace and change directions frequently.
- Introduce more complex poses or have children hold rackets while balancing.



MAKE IT *EASIER*

- Slow down the pace and simplify the poses.
- Allow children to use both feet for balance initially.

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DOMES & DISHES

Domes & Dishes is a classic game that brings out the competitive spirit! It's all about teamwork, speed, and clever strategies as players work together to flip cones from one position to another. Get ready for fast-paced action, as everyone races to be the first team to flip all the cones into the right orientation!

LEARNING FOCUS

This game not only gets children moving but also warms them up through dynamic movement and friendly competition. As they work together, they develop spatial awareness—learning to judge distances and timing. They'll also sharpen their strategic thinking as they decide how to flip cones more efficiently than the other team, all while building teamwork and communication skills.

SET UP

- **Equipment:** Set small cones.
- **Space:** Open flat indoor or outdoor surface.
- **Safety:** Ensure enough space for the number of people to prevent accidents.



PLAY:

- Divide the children into two teams.
- One team flips cones (dishes) to stand on their base (domes), while the other team flips domes to dishes.
- Teams race to flip as many cones as possible within a designated time.
- To set up, scatter cones around the play area, making sure some are standing on their base (Dishes) and others are upside down (Domes).
- Divide the children into two teams and explain the rules.

EXAMPLE INTRODUCTION

"Ok team's we are in a race to flip all the cones to the right position. One team needs to flip all the cones to stand up (domes), while the other team needs to flip them upside down (dishes). Work together and move quickly to see which team can flip the most cones!"

LEARNING QUESTIONS

- What strategies did your team use to flip the cones quickly?
- How did you decide which cones to flip first?

POST ACTIVITY REFLECTIONS

- Did the children work effectively as a team to flip the cones?
- How well did they strategize and choose which cones to flip first?

SKILL LINK

This game enhances teamwork, speed, agility, and spatial awareness.



MAKE IT *HARDER*

- Increase the playing area or use different movements (e.g., hopping between cones).
- Add obstacles that players must navigate around.
- Can't flip the same colour cone twice in a row.



MAKE IT *EASIER*

- Decrease the playing area or increase team size for easier gameplay.
- Allow more time for each round.

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TIDY YOUR ROOM

Tidy Your Room is a fast-paced, action-packed game that turns tidying up into a fun and competitive challenge. Players must work together to clear their side of the area by tossing objects to the other team's side. It's all about speed, strategy, and teamwork as players try to outsmart their opponents and clear the clutter!

LEARNING FOCUS

This game combines dynamic movement with strategic thinking. As children race to throw objects accurately, they enhance their throwing skills and focus on accuracy. It also helps develop teamwork as players communicate and plan their strategy to clear their side and block the other team's progress, building teamwork and communication skills.

SET UP

- **Equipment:** A variety of soft objects for players to throw around eg: Foam balls, soft bean bags.
- **Space:** Open flat indoor or outdoor surface.
- **Safety:** Ensure the area is clear of hazards and objects are safe to use, monitor children to ensure they throw objects safely.



PLAY:

- Define a rectangular area and divide it in half with a clear line.
- Scatter soft objects (e.g., cones, foam balls, bean bags) on both sides.
- Divide the children into two teams.
- Players throw objects from their side to the opponent's side using a skimming (forehand) or frisbee (backhand) action.
- The first team to clear their side, or the team with fewer objects after a set time, wins.



EXAMPLE INTRODUCTION

"You're in a race to tidy up your room. Each team needs to throw all the toys (objects) to the other side of the room. Work together and throw accurately to clear your side as quickly as possible!"

POST ACTIVITY REFLECTIONS

- How well did they communicate and work with teammates?
- Was everyone engaged and having fun? Why?

LEARNING QUESTIONS

- Where is the best spot to aim when throwing?
- How have you organised yourselves as a team? Did this work? Why?

SKILL LINK

This game develops throwing accuracy, strategic thinking, teamwork, and perception-action coupling (how kids see what's happening and then quickly decide what to do).



MAKE IT *HARDER*

- Increase the number of objects or area size.
- Use hoops as target areas for bonus point object landing in these targets can't be moved.
- Use only backhand actions to throw the objects.



MAKE IT *EASIER*

- Decrease the number of objects or area size.
- Use softer objects and adjust the throwing technique.

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1.9

SPACE INVADERS

Space Invaders is an action-packed game where players move through a defined area, exploring different types of movements and mastering quick changes in direction while avoiding collisions with others. They respond to various movement prompts, which not only warms up their bodies but also activates their minds.

LEARNING FOCUS

This game improves coordination through running, hopping, and skipping. It enhances spatial awareness, agility, and perception by encouraging players to navigate the space safely, adjust their movements based on their environment, and respond to others.

SET UP

- **Space:** Open flat indoor or outdoor surface.
- **Safety:** Always make sure there is enough space for the number of people taking part in the game.

PLAY:

- Begin by marking out a clear area with cones or spot markers to define the boundaries.
- Have the children jog inside the marked area.
- Explain that when you call 'new movement,' they need to change different movement action. Which could include the speed of the activity eg: jump, run, hop, or skip.



EXAMPLE INTRODUCTION

Alright team, You're moving through an alien zone. Your mission is to jump, run, hop, or skip, but watch out! Avoid crashing into each other. When I say 'freeze,' you need to stop and strike a pose—become one with the surroundings!"

Encourage autonomy by giving them choice of movement types e.g. Animal movements. Cheater for fast movements,

LEARNING QUESTIONS

- How did you avoid crashing into others?
- What helped you transition smoothly between movements?

POST ACTIVITY REFLECTIONS

- Did the children move safely and avoid collisions?
- How well did they transition between different movements?

SKILL LINK

This game enhances agility, coordination, spatial awareness, and perception-action coupling (how kids see what's happening and then quickly act).



MAKE IT *HARDER*

- Reduce the size of the area to challenge spatial awareness.
- Add a racket and ball for players to balance while moving.



MAKE IT *EASIER*

- Increase the area size to give more room to move.

READY SET SQUASH • READY SET SQUASH • READY SET SQUASH



Cross the Court is a fun problem-solving game where players use spots or markers to travel across the court without touching the floor. Players must balance, plan, and move carefully, exploring different ways to create a safe path while developing coordination and tactical thinking.

LEARNING FOCUS

Players will learn the reasons for warming up, about preparing the body physically for sport through dynamic movements and preparing mentally by listening to the instructions. Players will develop tactical awareness and problem solving skills.

SET UP

- **Equipment:** Throw-down lines or spot markers (3 per player).
- **Space:** Open flat indoor or outdoor surface.
- **Safety:** Always make sure there is enough space for the number of people taking part in the warm up.



PLAY:

- Players have 3 throw down lines or spots each and start at one end of the court. They aim to create a path using their lines to stand on, so they can get to the other end of the court without touching the floor.
- Players will have to balance on one line / spot and move the other two into a new position moving across the court from one end to the other.
- Challenge players to get across the court without stepping off their lines / spots and explore different ways of achieving the goal.

EXAMPLE INTRODUCTION

"Imagine the court is a river, and you can only step on your spots to get across. You'll need to think carefully about where to place your spots and how to move them to reach the other side without falling in!"

LEARNING QUESTIONS

- What did you find most challenging about getting across the court?
- How did you decide where to place your spots?
- Did you change your strategy as you went along?
- Why is it important to plan ahead in squash?

POST ACTIVITY REFLECTIONS

- Which strategies helped players cross the court most effectively?
- Did players adapt their approach after initial attempts?
- How quickly did confidence and control improve with practice?
- How did players respond to mistakes such as stepping off a spot?

SKILL LINK

This activity enhances balance and coordination, and develops problem-solving and tactical thinking.



MAKE IT *HARDER*

- Split players into teams who race across the court.
- Players must start again (or face a time penalty) if they step off a line.
- Encourage players to get across the court in fewer moves
- Increase the distance that players have to travel.



MAKE IT *EASIER*

- Allow players to use four spots instead of three.
- Let players work in pairs, helping each other.
- Shorten the distance to cross.
- Allow a "reset" if they step off, rather than starting over.

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Mirrors is an engaging warm-up game played in pairs, where one player leads movements and the other copies them. The aim is to stay in sync while moving in different directions, helping players warm up their bodies, improve coordination, and stay mentally focused.

LEARNING FOCUS

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.

SET UP

- **Space:** Open flat indoor or outdoor surface.
- **Safety:** Always make sure there is enough space for the amount of people taking part in the warm up.



PLAY:

- Working in pairs with children facing each other. Player 1 is the leader and Player 2 is the mirror.
- Player 2 tries to mirror the movement of Player 1 whilst Player 1 tries to wrong-foot their partner by moving quickly from side to side and back and forth.
- Movements should involve arms and legs.
- Start with slow movements such as side steps and arm swings.
- Gradually increase speed and complexity using quick changes, lunges or squats.
- Swap positions after 30-60 seconds.

EXAMPLE INTRODUCTION

"Get together in pairs and face each other. One person leads and the other has to copy their movement. The leader will try to wrong-foot their mirror. This helps us get our bodies moving and our minds ready."

LEARNING QUESTIONS

- Why do we warm up before playing squash?
- How did it feel when the leader moved quickly?
- What muscles do you think you used during this activity?

POST ACTIVITY REFLECTIONS

- Did players show improvement in coordination and reaction time as the activity progressed?
- Were players able to adapt when the leader increased the speed or complexity of movements?
- How did players respond to mistakes such as stepping off a spot?

SKILL LINK

This activity improves agility, coordination and reaction time, and develops listening and concentration skills.



MAKE IT *HARDER*

- Reduce reaction time by increasing leader's speed.
- Add more complex movements (e.g., jumps, twists).



MAKE IT *EASIER*

- Slow down the pace.
- Limit movements to one plane (e.g., side-to-side only).
- Give clear verbal cues alongside movements.

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SKILL DEVELOPMENT GAMES



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2.1

WALL WALKING

Wall Walking is a fun and simple game where players walk along the wall, hitting a foam ball off the floor with forehand and backhand strokes. The goal is to control the ball, preventing it from bouncing more than once, while experimenting with different heights and paces.

LEARNING FOCUS

In this activity, players will discover how to keep the ball under control using a variety of paces and heights. They'll also learn to coordinate their movements with their strokes, all while becoming more aware of the space around them.

SET UP

- **Equipment:** Squash rackets, foam balls.
- **Space:** A large area with a flat wall available.
- **Safety:** Ensure players are spaced apart to avoid collisions. If someone loses control of the ball, they should step back and wait for it to be safe to collect their ball and rejoin the activity.



PLAY:

- Arrange the players along a wall, each holding a racket and ball.
- The game begins with the walk along the wall or around the court, gently hitting the ball off the floor using forehand and backhand strokes.
- As they move, they experiment with different heights, alternating between hitting the ball higher and lower, challenging themselves to keep it going without letting it bounce more than once.



EXAMPLE INSTRUCTIONS

"Alright, team! Imagine you're on a fun adventure along the wall. As you walk, gently tap the ball off the floor with your racket, using both forehand and backhand strokes. Try hitting the ball at different heights—sometimes higher, sometimes lower. Your mission is to keep the ball bouncing without letting it touch the ground more than once. Can you keep it going and master the wall walk challenge?"

LEARNING QUESTIONS

- What happens if you hit the ball too hard or too softly?
- Is it easier to hit the ball higher or lower?

ENCOURAGE PLAYERS TO

- Explore different hitting forces to create various heights, be aware of their surroundings, and move efficiently to maintain control of the ball.

POST ACTIVITY REFLECTIONS

- How well did players adjust their hitting technique for different heights?

SKILL LINK

This game encourages and improves hand-eye coordination while developing individual racket skills, court awareness, and accuracy.



MAKE IT *HARDER*

- Change directions on command for more challenge.
- Add some target areas.



MAKE IT *EASIER*

- Let the ball bounce more than once.
- Instead of moving, they stay in one spot for a specified number of hits (e.g., 5) before moving.
- Players can start by balancing the ball on the racket

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2.2

VOLLEY FUN

Volley Fun is an energetic and engaging game where players practice tapping and movement, all while keeping the ball off the ground.

LEARNING FOCUS

This activity helps children learn racket coordination and striking skills by keeping the ball in the air while maintaining control. It encourages movement while managing the ball and builds spatial awareness.

SET UP

- **Equipment:** Squash rackets and foam balls for all players.
- **Space:** Organise a large, clear area with enough room for each child to have their own space.
- **Safety:** Ensure there's sufficient space between players to avoid collisions at all times. Ensure players are aware to stop if they get too close to others or may hit someone with the racket.



PLAY:

- Start by organising the space so each player has their own safe area.
- Hand out rackets and foam balls and explain the game.
- Demonstrate how to hold the racket and gently bounce the ball upwards, keeping it in the air.
- Once they're comfortable, let them try moving around while keeping the ball in the air.

EXAMPLE INSTRUCTIONS

Alright, everyone! Your challenge is to keep the ball in the air using your racket. Don't let it touch the ground! Once you've got the hang of it, start moving around while keeping the ball up. Can you keep control of the ball as you move?"

LEARNING QUESTIONS

- What is a volley, and how do you perform it?
- Should you hit the ball upwards or downwards to keep it up?
- How does moving affect your control of the ball?

ENCOURAGE PLAYERS TO

- Explore different hitting forces.
- Allow autonomy by giving them the choice of when to start moving around and define success.

POST ACTIVITY REFLECTIONS

- Did players successfully keep the ball in the air?
- How well did players move while tapping?
- Were players able to control the ball without letting it hit the ground?

SKILL LINK

This activity builds essential racket manipulation skills, improves movement, and enhances spatial awareness, all key components of squash play.



MAKE IT *HARDER*

- Pair up players and have them volley the ball back and forth without letting it touch the ground.
- Increase the difficulty by having players move further apart or adding obstacles to navigate.



MAKE IT *EASIER*

- Allow the ball to bounce between hits for more control.
- Let players practice throwing the ball upwards and catching it without using the racket.
- Pair players so one throws the ball to their partner with a racket, who hits it on the full for the other to catch.

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2.3

TARGET MASTER

An exciting game where players practice accuracy and control by hitting a ball onto a target. As the challenge increases, the target size decreases, refining players' precision and coordination.

LEARNING FOCUS

This activity helps children develop accuracy as they aim for a specific target. It encourages control by adjusting the force and direction of the ball, improving their ability to manage their shots. As the game progresses, players enhance their coordination by learning to adjust their stance and positioning to make more precise hits, especially as the target becomes smaller.

SET UP

- **Equipment:** Use a target such as a hula hoop, a large piece of paper, or spot markers. Place the target at a reasonable distance for everyone to hit.
- **Space:** Mark out a clear area with enough room for players to move safely.
- **Safety:** Ensure players are spaced apart to avoid collisions. Remind them to keep their eyes on the ball and be aware of their surroundings, especially if they lose control of the ball.

PLAY:

- Mark out a clear space for the players, ensuring enough room for safety purposes.
- Place a target (hula hoop, large piece of paper, or spot markers) at a reasonable distance, e.g., 1.5 metres from the wall.
- Demonstrate the activity by hitting the ball gently towards the target.
- Players take turns hitting the ball towards the target, adjusting the force based on the size and distance of the target.
- After each successful attempt, reduce the size of the target.



EXAMPLE INSTRUCTIONS

"Okay, team! Today you're going to be a target master. Your mission is to hit the ball against the wall and land it on this target! Each time you hit it, we'll make the target a little smaller or move it farther away. Can you keep hitting the target as it gets smaller and smaller?"

LEARNING QUESTIONS

- What happens when you hit the ball higher or lower on the wall?
- What position makes it easier to hit the ball straight towards the target?
- How do you control the speed of the ball to make sure it lands on the target?

ENCOURAGE PLAYERS TO

- Aim carefully for the target.
- Adjust the force of their hits to control the ball's direction.
- Focus on their stance and positioning to ensure they can make accurate shots.

POST ACTIVITY REFLECTIONS

- Did players successfully hit the ball accurately onto the targets?
- How well did players adjust their hitting technique as the target size changed?
- Were players able to control the ball's direction and force to get it on the target?

SKILL LINK

This activity is a fun way to develop accuracy, control, and coordination. By practising with a shrinking target, players will get better at aiming, controlling the force of their shots, and positioning themselves effectively.



MAKE IT *HARDER*

- Move the target further away to increase the challenge.
- Make the target even smaller with each successful shot.
- Limit the number of strokes they can use (e.g., how many times they can hit target in 5 or 10 shots or set a time limit)
- Restrict the stroke type (e.g., only backhand strokes or alternating between forehand and backhand).



MAKE IT *EASIER*

- Use a larger target to start with or place it closer to the wall.
- Allow the ball to bounce before hitting the target for more control.

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2.4

BROOMS AND BRUSHES

Brooms and Brushes is a high-energy, team-based game where players practice dribbling and evasion while strategising with teammates. It's a fun, dynamic activity that builds essential movement and ball-control skills.

LEARNING FOCUS

This activity helps children improve their racket manipulation skills while moving with a racket and ball. It develops evasion skills as players learn to avoid being tagged, and it encourages teamwork and strategy as they communicate and work together to succeed.

SET UP

- **Equipment:** Provide large or foam balls and rackets for all players.
- **Space:** Mark out a clear playing area with safe zones (lines) at each end.
- **Safety:** Remind players to be careful when tagging and dribbling to avoid collisions.



PLAY:

- Set up a safe zone for each team
- Organise the playing area and split the children into two teams: one team is the Brooms, and the other is the Brushes.
- Give every player a racket and a ball to dribble.
- Show players how to dribble the ball with control and encourage them to keep their heads up to stay aware of their surroundings.
- Coach calls out either 'Brooms!' or 'Brushes!' that team must quickly stop dribbling, gather their ball, and run to their safe zone

EXAMPLE INSTRUCTIONS

"You'll dribble your ball around in your team's area. When I call out 'Brooms!' or 'Brushes!' that team must quickly stop dribbling, gather their ball, and run to their safe zone. The other team will try to tag you before you reach safety. If you get tagged, you'll join the opposing team. Taggers can drop their ball to chase you."

LEARNING QUESTIONS

- How can you keep control of the ball while moving?
- What can you do to avoid being tagged?
- How did teamwork help you succeed?

POST ACTIVITY REFLECTIONS

- Did players maintain control of the ball while dribbling?
- How well did players evade being tagged?
- Were players able to work as a team to achieve their goals?

SKILL LINK

This activity develops racket manipulation, evasion skills, teamwork, and situational awareness.

ENCOURAGE PLAYERS TO

- Communicate with teammates to create strategies for evasion and tagging.
- Explore different dribbling techniques and movements.
- Make decisions independently and confidently during the game.
- Keep their heads up while dribbling to avoid collisions and stay alert.



MAKE IT *HARDER*

- Have players balance or bounce the ball on their racket while moving.
- Introduce more complex tagging rules, like requiring multiple tags before a player joins the other team.



MAKE IT *EASIER*

- Slow the game down or shorten the distance to the safe zone to make it easier for runners.
- Focus on basic dribbling without tagging until players feel more confident.

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2.5

KEEP IT UP

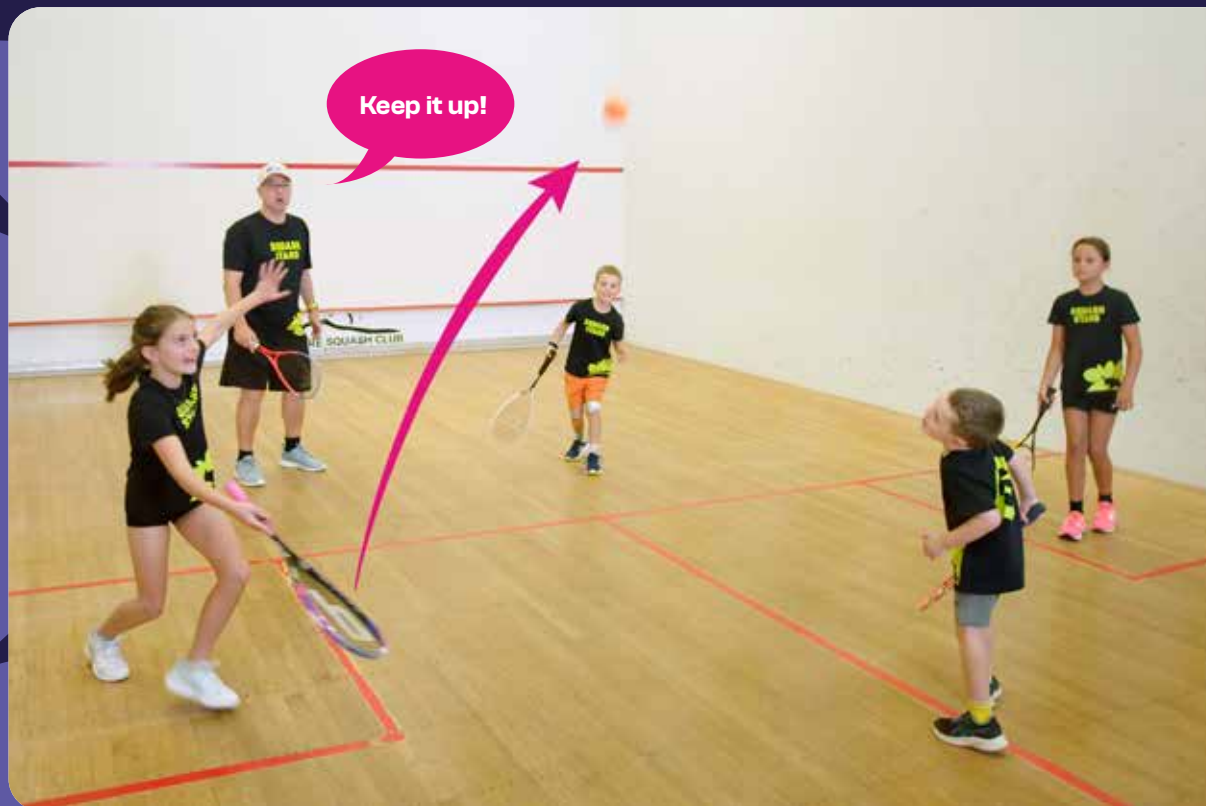
Keep It Up is a cooperative game where players work together to keep the ball in the air. It's all about teamwork, coordination, and mastering tapping techniques.

LEARNING FOCUS

This activity helps children learn to volley by keeping the ball in the air. It encourages teamwork as players communicate and collaborate to keep the ball in play. It also develops coordination, as players move quickly and position themselves for successful volleys.

SET UP

- **Equipment:** Provide lightweight balls that are easy to control and safe to use.
- **Space:** Organise a hard-court area where a small team of 5-6 players can form a circle.
- **Safety:** Ensure players are spaced evenly around the circle to avoid collisions. Encourage them to stay aware of their surroundings and avoid reaching across others for the ball.



PLAY:

- Begin by organising the space and forming a circle with 5-6 players.
- Each team tries to keep their ball in the air by tapping it from player to player.
- The ball may be hit to any player in the circle.
- The team that makes the highest number of volleys in a row without the ball bouncing is the winner.
- Encourage players to practise tapping the ball lightly to a teammate.
- Let them know that communication is key—players should call out to signal they're ready to hit the ball and move quickly to get into position for the next volley.

EXAMPLE INSTRUCTIONS

"Alright, everyone! Your mission is to work together to keep the ball in the air by tapping it to each other. Use gentle taps to control the ball and keep it moving around the circle. Let's see how many volleys we can get in a row!"

LEARNING QUESTIONS

- How can you work together to keep the ball in the air?
- What should you do with your arms and hands to keep the ball up?
- How does communication help your team succeed?

ENCOURAGE PLAYERS TO

- Communicate with their teammates to keep the ball in play.
- Use gentle taps to control the ball and make accurate passes.
- Move quickly to position themselves for the next volley.
- Keep their heads up while tapping to stay aware of their surroundings.

POST ACTIVITY REFLECTIONS

- Did players successfully keep the ball in the air?
- How well did players work together as a team?
- Were players able to use different tapping techniques effectively?

SKILL LINK

This activity improves tapping, teamwork, and coordination, helping players learn how to work together and keep the ball in play—an essential skill in squash.



MAKE IT *HARDER*

- Make the circle smaller to increase the challenge of keeping the ball in play.
- Add a second ball to test teamwork and coordination further.
- Set a goal for the number of consecutive volleys the team can achieve.



MAKE IT *EASIER*

- Allow the ball to bounce between volleys for more control.
- Use a larger or slower ball to make it easier to hit and keep in play (e.g., beach ball).
- Start without rackets and use a beach ball.

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2.6

RALLY BALL

Rally Ball is a squash-like and engaging game where players practise forehand and backhand strokes while rallying with a partner against a wall. It's a great way to develop control, accuracy, and positioning in a fun and collaborative setting.

LEARNING FOCUS

This activity helps players improve their forehand and backhand striking skills by aiming to hit the ball above a marked line on the wall. It enhances their ability to return the ball accurately and teaches them to maintain good positioning and movement to prepare for each shot.

SET UP

- **Equipment:** Provide rackets and foam balls for all players.
- **Space:** Use a large, clear area with a suitable wall for rallying. Mark a line on the wall at 1 metre high to act as a target.
- **Safety:** Ensure players have enough space between them to avoid collisions. Remind them to stay aware of their surroundings while playing.



PLAY:

- Organise players into pairs, each with a racket and one ball.
- Have them face the wall with a line marked one metre high and stand behind a line that is one metre from the wall.
- Players start with a bounce serve, then alternate hits with their partner.
- The ball may be returned after one bounce or before it bounces.

EXAMPLE INSTRUCTIONS

"Your mission is to work with your partner to keep the ball in play by hitting it above the line on the wall. Use both forehand and backhand strokes, and try to return the ball after one bounce or before it bounces. Let's see how many shots you can rally together!"

LEARNING QUESTIONS

- When is it hardest to return the ball? Why?
- How can you make it more challenging for your partner to return the ball?
- What adjustments do you make to hit forehand versus backhand shots?

ENCOURAGE PLAYERS TO

- Focus on their foot positioning to reach the ball comfortably.
- Practise both forehand and backhand strokes to develop versatility.
- Communicate with their partner to keep the rally going.

POST ACTIVITY REFLECTIONS

- Did players return the ball accurately above the line?
- How well did players position themselves for each shot?
- Were players able to maintain a rally with their partner?

SKILL LINK

This activity improves forehand and backhand striking, enhances footwork, and strengthens the ability to track and control the ball—all vital skills for effective squash play.



MAKE IT *HARDER*

- Turn the activity into a competitive game where players score points if their partner fails to return the ball.
- Challenge players to keep the rally going for as long as possible without making an error.



MAKE IT *EASIER*

- Focus on keeping the rally cooperative by slowing down the pace of play.
- Allow multiple bounces before returning the ball to make it more manageable.

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2.7

CATCHING AND PASSING

Catching and Passing is a game where players develop their catching and passing skills, including catching from different angles and improving passing accuracy. It's a great way to enhance coordination and teamwork in a fun and interactive setting.

LEARNING FOCUS

In this activity, players will enhance their ability to catch balls from various angles and speeds, developing their hand-eye coordination and quick reflexes. They will also work on their passing accuracy, learning to judge the ball's flight and make precise throws to their partner. Additionally, this game will help players improve their movement and coordination, as they adjust their positioning and timing to successfully catch and pass the ball with their partner.

SET UP

- **Equipment:** Provide balls (large or small), cones, and a wall target.
- **Space:** Use a flat area or open space next to a wall.
- **Safety:** Ensure players are spaced out to prevent collisions.



PLAY:

- Children in pairs practice catching balls rolled or thrown by their partner.
- Use different techniques, such as catching low, high, or moving around while passing.

EXAMPLE INSTRUCTIONS

"Alright, everyone! Pair up and get ready to develop your catching and passing skills. You'll take turns throwing and catching the ball, trying different techniques like catching low, high, or while moving around. Remember to communicate with your partner and focus on making accurate and controlled passes. Let's see how well you can work together!"

LEARNING QUESTIONS

- How do you position yourself for a successful catch?
- What helps you improve your passing accuracy?

ENCOURAGE PLAYERS TO

- Position themselves effectively for each catch.
- Focus on making accurate and controlled passes.
- Embrace self-challenge and autonomy by being creative with their throws and catches. This will help improve coordination and keep the activity interesting, all while maintaining good communication with their partner.

POST ACTIVITY REFLECTIONS

- Did players catch the balls effectively from different angles?
- How well did players pass the balls accurately?
- Were players able to coordinate their movements with their partner?

SKILL LINK

This activity builds catching, passing accuracy, and coordination, helping players adjust to different angles and speeds during gameplay.



MAKE IT *HARDER*

- Increase the distance between partners or vary the speed of throws.
- Add more targets or use smaller balls.
- One player has a racket to hit catches to their partner.
- Players move around the space as they throw and catch to make the activity more dynamic.



MAKE IT *EASIER*

- Shorten the distance or use softer, larger balls for easier catching.

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2.8

TARGET FUN: AIMING CHALLENGE

Target Fun: Aiming Challenge is a game where players test their striking skills by aiming for targets with different point values. It's all about honing accuracy and control in a fun and competitive way!

LEARNING FOCUS

This activity helps players develop accuracy by aiming at specific targets and learning to judge distances effectively. It also encourages ball control as players adjust the speed and direction of their shots based on the target's location.

SET UP

- **Equipment:** Provide foam balls for each player, and use cones, spot markers, or tape to create targets with assigned point values.
- **Space:** Organise a large, open area with targets placed on the floor.
- **Safety:** Ensure there's enough space between players to avoid interference or collisions. Remind players to stay aware of stray balls and keep their focus on their own target area.



PLAY:

- Set up the targets, assigning point values based on their size or difficulty (e.g., smaller targets or targets farther away earn more points).
- Demonstrate how to hit the ball with control, focusing on both forehand and backhand techniques.
- Players take turns striking their ball so it rolls along the floor keeping track of their scores as they aim for different targets.

EXAMPLE INSTRUCTIONS

"OK, everyone! Your mission is to strike the ball and hit as many targets as you can to earn points. The harder the target, the more points you'll score! Use both forehand and backhand strokes to aim and adjust the force of your shot depending on the distance to the target."

LEARNING QUESTIONS

- Should you hit the ball harder or softer to reach your target?
- How do you focus your eyes and body when aiming for a target?
- What adjustments do you make when switching between forehand and backhand shots?

ENCOURAGE PLAYERS TO

- Change their body position to find the most effective way to strike the ball to land on the targets of varying distances.
- Use both forehand and backhand strokes to enhance versatility.

POST ACTIVITY REFLECTIONS

- Did players hit the targets accurately?
- How well did players control the force and direction of their shots?
- Were players able to adjust their aim for different distances?

SKILL LINK

This activity builds striking accuracy and control, helping players develop the ability to aim for specific areas during a game. By practising varied shots and targets, they'll improve their precision and confidence in match situations.



MAKE IT *HARDER*

- Challenge players to aim for higher-value targets that are smaller or farther away.
- Add a time limit for each round to increase the intensity.



MAKE IT *EASIER*

- Use larger targets, like Hula Hoops or wider spot markers, to make hitting easier.
- Allow players to roll the ball instead of hitting it for better control.
- Start with closer targets to build confidence before increasing the difficulty.

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2.9

COOPERATIVE CATCH SQUASH

Cooperative Catch Squash is a fun and interactive squash-like game with a twist: no rackets! Players work in pairs to throw against the wall and catch the ball after one bounce. The goal is to score as many catches as possible within a time limit while improving coordination and teamwork.

LEARNING FOCUS

This activity helps players build teamwork and improve their throwing and catching skills. By focusing on catching the ball after one bounce, players develop their hand-eye coordination and learn to work effectively with a partner.

SET UP

- **Equipment:** Provide soft or tennis balls and cones, throw-down lines or spot markers for marking boundaries.
- **Space:** Divide the court into four sections using cones to create safe zones for each pair.
- **Safety:** Ensure there's enough space between pairs to avoid collisions. Remind players to stay in their section and be aware of their surroundings.



PLAY:

- Organise the court into four sections and pair up the players. Use cones or throw-down lines to split the court into four sections.
- If not on a squash court, use throw-down lines or cones to mark out playing areas, with two players playing per court.
- Ensure that each court has a suitable ball.
- Place a spot in the centre of the defined floor area; this acts as the T Zone.
- Encourage them to keep track of their scores and challenge themselves to beat their record.

EXAMPLE INSTRUCTIONS

"Your mission is to work together to throw and catch the ball after one bounce. Communicate with your partner, make accurate throws, and get into position for each catch. Let's see how many catches you can score within the time limit! Ready, set, go!"

POST ACTIVITY REFLECTIONS

- Did players successfully catch the ball after one bounce?
- How well did players work together as a team?
- Were players able to communicate and coordinate their actions effectively?

LEARNING QUESTIONS

- What helped you and your partner catch the ball more often?
- How did working with a partner help you improve?
- What adjustments did you make to improve your throws or catches?

SKILL LINK

This game encourages and improves the accuracy of players' hand-eye coordination and develops individual competition skills, helping players achieve personal bests. The game can also develop numeracy skills.

ENCOURAGE PLAYERS TO

- Communicate with their partner to improve coordination.
- Focus on accurate throws and consistent catches.
- Move quickly to get into position for each catch.



MAKE IT *HARDER*

- Increase the distance between players to test their throwing accuracy and movement.
- Use smaller or bouncier balls for added challenge.



MAKE IT *EASIER*

- Shorten the distance between players for easier throws and catches.
- Use softer, larger balls to make catching more manageable.

READY SET SQUASH • READY SET SQUASH • READY SET SQUASH



SQUASH STARS

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2.10

SKITTLE SQUASH

Skittle Squash is a fun and engaging game where players knock over rackets or other targets placed as skittles by throwing or hitting foam balls. It's a great way to improve accuracy and hand-eye coordination in a playful setting.

LEARNING FOCUS

In this activity, players will enhance their accuracy and hand-eye coordination by aiming at specific targets. They will learn to adjust their positioning and refine their throwing techniques to hit the targets effectively. This game not only sharpens their precision but also helps them develop better control over their throwing and striking actions.

SET UP

- **Equipment:** Foam balls, rackets.
- **Space:** Place rackets/targets against a wall as skittles.
- **Safety:** Ensure enough space between participants and avoid running across the target area.



PLAY:

- Split players into groups: gatherers, throwers/hitters, and a resting station.
- The throwers/hitters aim to knock over the rackets, while gatherers collect the balls.

EXAMPLE INSTRUCTIONS

"Alright, team! Your mission is to knock over the rackets/targets by throwing or hitting the foam balls. Focus on your aim, adjust for accurate throws/hits, and communicate with your team to improve your strategy. Let's see how many rackets you can knock over!"

LEARNING QUESTIONS

- What stance makes it easier to hit the target?
- What should your arm position be when releasing the ball?

ENCOURAGE PLAYERS TO

- Explore different throwing/striking actions and reflect on what method was most effective.

POST ACTIVITY REFLECTIONS

- Did players knock over the skittles accurately?
- How well did players adjust their stance and aim?
- Were players able to improve their accuracy with practice?

SKILL LINK

This activity builds hand-eye coordination and targeting skills, helping players improve their accuracy in game situations.



MAKE IT *HARDER*

- Increase the distance or introduce new targets on the wall.
- Use a racket to strike the ball rather than throwing.
- Set a time limit



MAKE IT *EASIER*

- Reduce the distance from the target or use larger targets.

READY SET SQUASH • READY SET SQUASH • READY SET SQUASH



SQUASH STARS

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2.11

TWO SQUARE

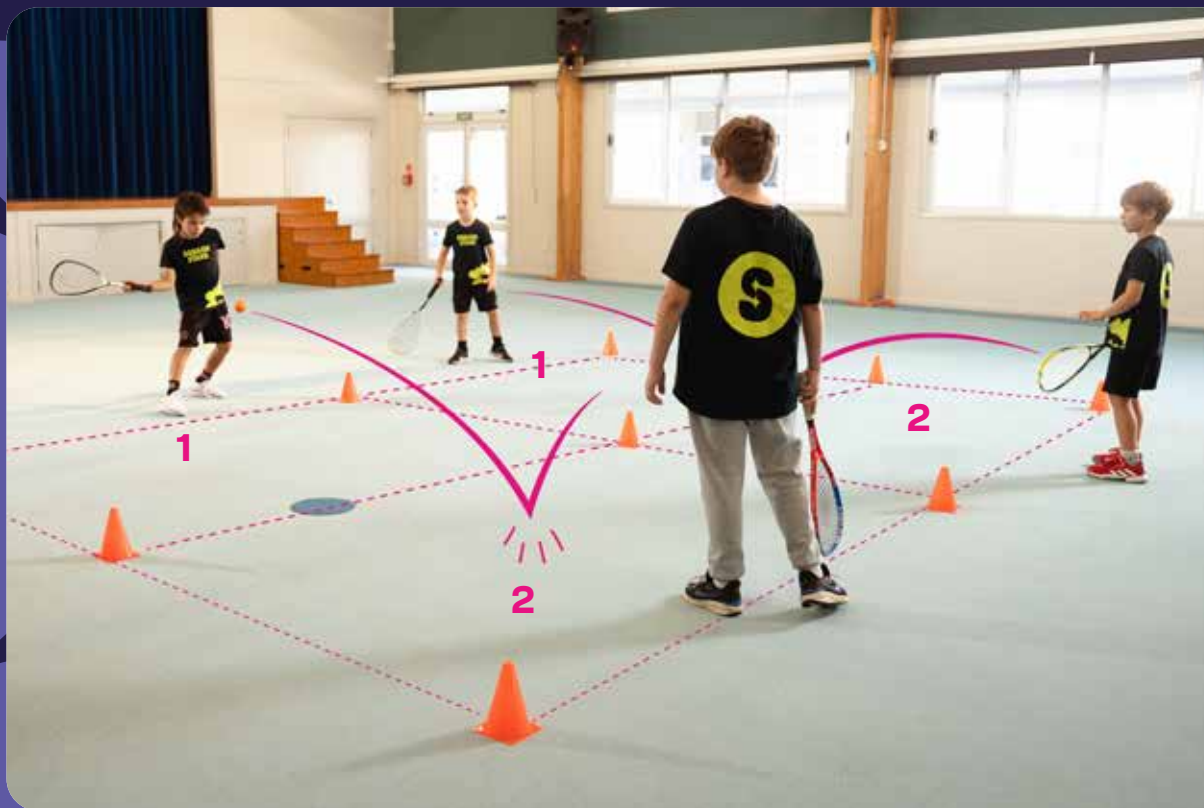
Two Square is a game played on a hard surface court divided into two squares, where players practice hitting and returning a ball within designated squares.

LEARNING FOCUS

This activity helps players improve their hitting and returning skills by aiming to bounce the ball within a specific area. It encourages control and accuracy while teaching players to anticipate the ball's movement.

SET UP

- **Equipment:** Provide a ball and rackets for each player.
- **Space:** Set up 2 squares using cones or court lines. Each square should be about 2m x 2m.
- **Safety:** Ensure the groups are spaced out as much as possible to avoid collisions.



PLAY:

- The player in one square bounce hits the ball towards the other square. Hit the ball so it travels in an upwards direction before bouncing (no smashing the ball down into the other square).
- The ball must bounce in the other players square, and the player in that square attempts to hit it back before it bounces a second time.

EXAMPLE INSTRUCTIONS

"Alright, everyone! Your mission is to hit the ball so it bounces in your partner's square. Make sure the ball travels upwards before it bounces. Let's see how many times you can hit the ball back and forth without it bouncing twice!"

LEARNING QUESTIONS

- Where are you aiming to hit the ball to enable your playing partner to hit it on either the forehand or backhand side?
- How much force should you use to strike the ball so your playing partner can return your shot? Why?
- What do you do to prepare to successfully hit the ball using your racket?

ENCOURAGE PLAYERS TO

- Use appropriate force when hitting the ball to enable time for the next shot.
- Hit the ball an arm's length away from their body.
- Bounce the ball in front and to the dominant side of the server's body.

POST ACTIVITY REFLECTIONS

- What did players enjoy most about the game?
- How well did players use appropriate force and positioning?
- Did players effectively anticipate the ball's movement?
- How did players work together to be successful?
- Did players get into the ready position?
- How did players use variations and explore different techniques and tactics?

SKILL LINK

This activity builds hitting accuracy and control, helping players develop the ability to aim for specific areas and anticipate the ball's movement during a game.



MAKE IT *HARDER*

- How many hits can you perform in a row allowing for one bounce or on the volley on the backhand side?
- Make it a competitive game.
- Make the square or target areas smaller.



MAKE IT *EASIER*

- Hit the ball along the floor.
- Increase the size of the squares.
- The receiver catches or traps the ball on their racket/allow more than one bounce.

READY SET SQUASH • READY SET SQUASH • READY SET SQUASH



SQUASH STARS

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2.12

FOUR SQUARE

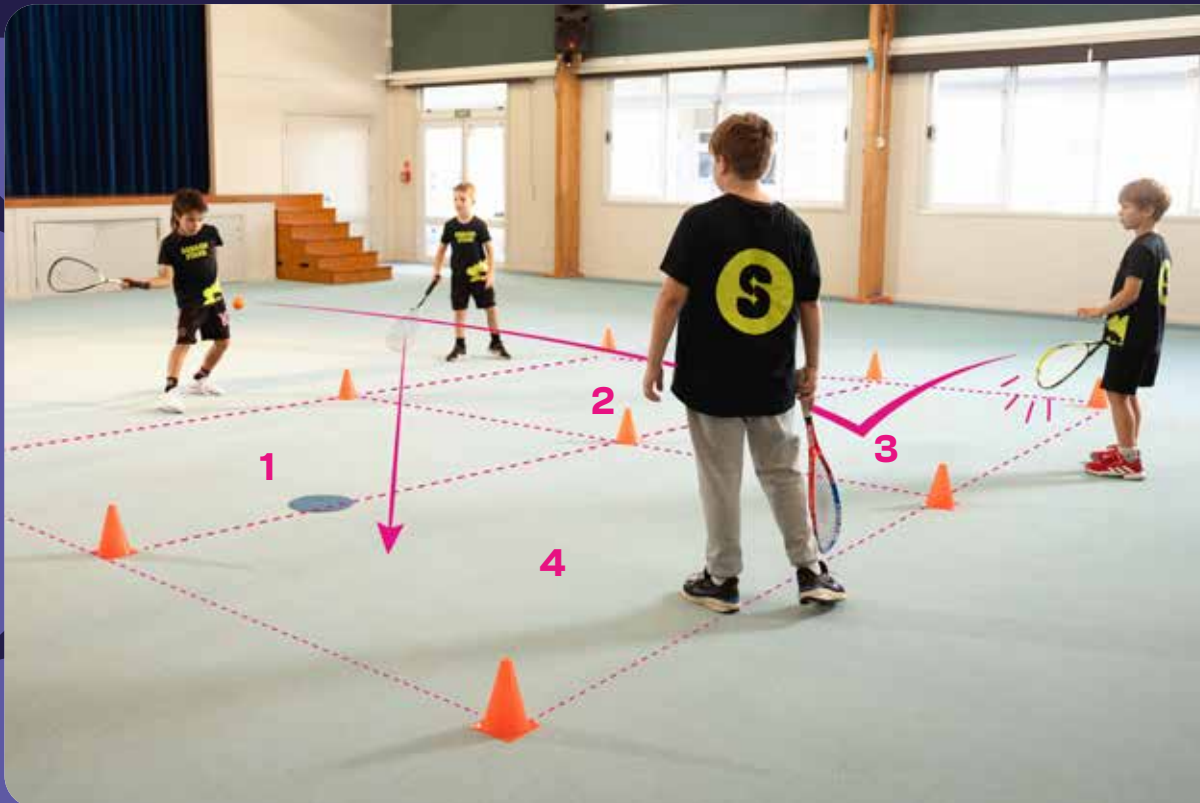
This is a variation of the classic playground game expanding on Two Square, played on a flat court surface divided into four squares. Players take turns hitting the ball into other squares, the aim of the game is to stay in the number 1 square for as long as possible.

LEARNING FOCUS

This activity helps players improve their hitting and returning skills by aiming to bounce the ball within a specific area. It encourages control, accuracy, and teamwork while teaching players to anticipate the ball's movement.

SET UP

- **Equipment:** Provide a ball and rackets for each player.
- **Space:** Set up 4 squares using cones or court lines. Each square should be about 2m x 2m.
- **Safety:** Ensure players are spaced out to avoid collisions.



PLAY:

- The student in one square bounce hits the ball towards another square. Hit the ball so it travels in an upwards direction before bouncing (no smashing the ball down into the other square).
- The ball must bounce in the other student's square, and the student in that square attempts to hit it back before it bounces a second time.

EXAMPLE INSTRUCTIONS

"Alright, everyone! Your mission is to stay in square 1 for as long as possible, hit the ball so it bounces in another player's square. Make sure the ball travels upwards before it bounces. Let's see how many times you can hit the ball back and forth without it bouncing twice!"

LEARNING QUESTIONS

- Where on the wall are you aiming to hit the ball to enable your playing partner to hit it on either the forehand or backhand side?
- How much force should you use to strike the ball so your playing partner can return your shot? Why?
- What do you do to prepare to successfully hit the ball using your racket?

ENCOURAGE PLAYERS TO

- Use appropriate force when hitting the ball to enable time for the next shot.
- Explore tactics and techniques.

POST ACTIVITY REFLECTIONS

- What did players enjoy most about the game?
- How well did players use appropriate force and positioning?
- Did players effectively anticipate the ball's movement?
- How did players identify the next steps in their learning (around understanding strategy, tactics, playing fairly so everyone enjoys the game, or moving to successfully catch and throw) for playing Four Square type games?
- Did players prepare early by moving towards the ball?

SKILL LINK

This activity builds hitting accuracy and control, helping players develop the ability to aim for specific areas and anticipate the ball's movement during a game.



MAKE IT *HARDER*

- How many hits can you perform in a row allowing for one bounce or on the volley on the backhand side?
- Backhand shots only.
- Increase the size of the squares.
- Allow volleys.



MAKE IT *EASIER*

- Allow more than one bounce.
- Hit the ball along the floor.
- The receiver can catch or trap the ball on their racket.
- No rackets – throw & catch
- Play co-operatively.

READY SET SQUASH • READY SET SQUASH • READY SET SQUASH



Feeder & Hitter is a cooperative skill game played in groups of three. One player feeds the ball, one hits it, and one keeps score. The goal is to work together to control the ball, develop striking accuracy, and improve communication and teamwork.

LEARNING FOCUS

Players will learn the importance of communicating, collaborating and competing with each other in sport. They will develop throwing, catching and striking skills.

SET UP

- **Equipment:** Provide rackets and foam balls for all players.
- **Space:** A large area with a flat wall available.
- **Safety:** Always make sure there is enough space for the amount of people taking part in the warm up.



PLAY:

- Players work in 3's and designate one feeder, one hitter and one counter.
- The feeder throws the ball against the wall, then moves out of the way while the hitter hits the ball against the same wall. Ideally the hitter should be hitting the ball so that the feeder can catch it.
- The counter keeps track of how many times this is completed in an allotted time period.
- Swap round twice so each player does each of the 3 roles.

EXAMPLE INSTRUCTIONS

"In this activity we'll practise working with a partner. In groups of three, one of you will feed the ball to the front wall, and the other will try to hit it back to a target. The third person will keep count. This will help us get better at controlling the ball and working together."

LEARNING QUESTIONS

- What makes a good feeder?
- How did you make sure your partner could hit the ball?
- What did you do to control your shot?
- How did you help each other improve?

POST ACTIVITY REFLECTIONS

- Did players communicate effectively with their partners?
- Were feeds and hits controlled and accurate?
- How well did players adapt to switching roles?

SKILL LINK

This activity encourages perception and striking skills and for players to use an open racket face close to the wall. It will help players develop accuracy and weight of shot.



MAKE IT *HARDER*

- Get the hitter to hit it back towards the feeder and the feeder to catch it.
- Allow the feeder to use a racket as well and suggest areas to play the ball into.
- The player or team that completes the highest number of successful shots wins.
- Increase the distance between feeder and hitter.



MAKE IT *EASIER*

- Allow players to use modified equipment or use their hands as rackets.
- Allow the ball to bounce before hitting.
- Shorten the distance between feeder and hitter.

READY SET SQUASH • READY SET SQUASH • READY SET SQUASH



**SQUASH
STARS**

GAMES





**READY
SET
SMASH**



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3.1

SQUASH – FULL GAME

In this 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.

LEARNING FOCUS

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.

SET UP

- **Equipment:** Each court should have a suitable ball and two rackets.
- **Space:** If not on a squash court, use throw-down lines to mark out enough playing areas, with two players playing per court.
- **Safety:** Players should wear goggles when hitting against the wall with a racket. Ensure there is enough space for the number of participants. If a player risks hitting their opponent with the racket or ball, stop and play the rally again (known as a 'let').



PLAY:

- Serve from one half of the court into the other, hitting the ball against the wall above waist height (on the court, it must be above the middle red line).
- A rally can be won if your opponent cannot return the ball after one bounce or if they hit it out of the court (in squash, on the line is out).
- 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.
- Play for a set time or to the best of five games, with each game being the first to 11 points.
- If the score is 10-all, the first person to go two points clear wins.
- The ball can bounce once on the floor or be volleyed.

EXAMPLE COACH INSTRUCTIONS

"Let's step into the world of competitive squash! Your mission is to out-think your opponent and hit the ball into spaces they can't reach. Remember, strategy is just as important as skill—keep your eye on the ball and have fun!"

LEARNING QUESTIONS

- Which shots does your opponent struggle to return?
- How do you decide whether to attack or defend?

ENCOURAGE PLAYERS TO

- Move from and back to the T Zone after each shot.
- Think tactically and hit the ball away from their opponent into space.
- Serve above waist height or play normal service rules if on a squash court.

POST GAME REFLECTIONS

- Did players adjust their tactics during the game?
- Did the players move back to the T Zone after each shot?
- What did they enjoy most about the game?

SKILL LINK

The game teaches player to assess their opponent and adapt to exploit their weaknesses. Learn to position themselves effectively and play competitively.

OFFICIATING

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



MAKE IT *HARDER*

- Change the ball.



MAKE IT *EASIER*

- Use a softer ball.
- Allow more than one bounce.

READY SET SQUASH • READY SET SQUASH • READY SET SQUASH



ACTIVITY CARD

EXAMPLE INSTRUCTIONS

"Imagine you're in a cricket match with a squash twist. Batters, your challenge is to hit the ball against the wall where the fielders aren't and score as many runs as possible. Fielders, work together to retrieve the ball quickly and get it back to the bowler to stop the runs. Let's outsmart and outplay each other while having fun!"

POST GAME REFLECTIONS

- How did batters go about hitting the ball into gaps?
- How effectively did the fielding team work together?

LEARNING QUESTIONS

- How can you place the ball to score more runs?
- What tactics help fielders work better as a team?

SKILL LINK

This game encourages and improves the accuracy of players' hand-eye coordination and develops teamwork and tactics.

ENCOURAGE PLAYERS TO

- Think tactically and put the ball in places where fielders aren't standing.
- Work collaboratively to retrieve and return the ball quickly.

OFFICIATING

Encourage one person from each team to act as the scorer.



MAKE IT **HARDER**

- Have additional fielders to make it harder for the batters.
- Batters to hit the ball on the volley.
- Batters are out if fielders catch one hand one bounce.



MAKE IT **EASIER**

- Allow more than one bounce for the batters.
- Fewer fielders to make it easier for the batters.

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SQUASH STARS

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3.3

COMPETITIVE CATCH SQUASH

Competitive catch squash is a fun and interactive squash-like game with a twist: no rackets! Players are encouraged to compete and improve their tactical skills while developing accuracy and hand-eye coordination by throwing and catching the ball after it bounces once.

LEARNING FOCUS

The activity encourages players to think tactically and adapt to their opponent's actions, improving their throwing and catching skills.

SET UP

- **Equipment:** Soft or tennis balls and cones, throw-down lines or spot markers for marking boundaries.
- **Space:** Use cones or throw-down lines to divide the court into sections. Place a spot in the centre of each area to represent the T Zone.
- **Safety:** Always make sure there is enough space for the number of people taking part in the activity.



PLAY:

- Organise the court into four sections and pair up the players.
- Use cones or throw-down lines to split the court into four sections. If not on a squash court, use throw-down lines or cones to mark out playing areas, with two players playing per court.
- Ensure that each court has a suitable ball.
- Place a spot in the centre of the defined floor area; this acts as the T Zone.
- In pairs, Player 1 throws a squash ball underarm to hit a wall (at least waist height). Player 2 lets it bounce once and then catches it before throwing it back.
- Players win a point if the ball bounces twice or goes out of the court.
- Play for an allotted time or to a certain number of points. Then swap winners and losers around courts.

EXAMPLE INSTRUCTIONS

"Your mission is to outsmart your opponent to score more points by winning the rallies. Throw the ball against the wall and catch it after one bounce. Ready to test your catching skills and outplay your opponent? Ready, set, go!"

POST GAME REFLECTIONS

- How did players adapt their play during the game based on their opponent's positioning?
- The effectiveness of players' shot placement in winning rallies.
- Their ability to maintain focus and control throughout the competitive rallies?

LEARNING QUESTIONS

- How can you improve your catching and throwing skills?
- What tactics can you use to win more points?

SKILL LINK

This game encourages and improves the accuracy of players' hand-eye coordination while developing throwing and catching skills. The game also develops their attack and defence tactics.

ENCOURAGE PLAYERS TO

- Move to the T Zone after each throw.
- Think about tactics and make their partner work harder.

OFFICIATING

If there are spare players, they can keep track of the score.



MAKE IT **HARDER**

- If players can complete the skill games (catching and throwing with ease), give them modified equipment and get them to try with that.
- Use a faster/bouncier ball.



MAKE IT **EASIER**

- Allow players two bounces before they have to catch the ball.

READY SET SQUASH • READY SET SQUASH • READY SET SQUASH



SQUASH STARS

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3.4

KING OF THE COURT

In this game, players compete against each other for a timed period, scoring points for every rally won. Winners move up a court, while losers move down, with the goal of being at the top court at the end of play.

LEARNING FOCUS

Players will develop self-reflective skills by comparing their performance with previous results and aiming to improve their personal best, enhancing their ability to adapt strategies based on the game's progression and their opponents' strengths and weaknesses.

SET UP

- **Equipment:** Squash rackets, squash balls, goggles (recommended), throw-down lines for court markings.
- **Space:** Use throw-down lines and spare wall space to set up enough courts to accommodate pairs of players.
- **Safety:** Ensure there is enough space for all participants. Players should wear goggles when hitting against the wall with a racket wherever possible. If a shot risks hitting an opponent, stop and replay the rally (known as a "let").



PLAY:

- Players compete for a set time, scoring points for each rally won.
- If there is a draw, play a sudden death point.
- Winners move up the court, and losers move down (except the winner on the 'top' of the court, who stays there, and the loser on the 'bottom' of the court, who stays there as well).

EXAMPLE INSTRUCTIONS

"Today's game is called 'King of the Court.' Your mission is to climb to the top court by winning rallies. It's not just about hitting hard—it's about using your skills to outthink your opponents. Pay attention to their weaknesses and try to place the ball where it's hardest for them to return. Let's see who will finish as the king or queen at the top!"

LEARNING QUESTIONS

- How did you perform compared to your last game?
- What strategies did you use to score points?
- Did you notice any weaknesses in your opponent's play?

ENCOURAGE PLAYERS TO

- Score as many points as possible during their games.
- Identify their opponent's weaknesses and aim to place the ball in challenging positions.

POST GAME REFLECTIONS

- How effectively did players manage their scoring?
- Did players adjust their strategies during the game?
- What improvements can players make for the next round?

SKILL LINK

This game encourages and improves players' accuracy and hand-eye coordination while developing competition skills and understanding the principles of attacking and defending.



MAKE IT *HARDER*

- Use only the corner walls so players can play off two walls instead of one.



MAKE IT *EASIER*

- Introduce a different ball to reduce speed or allow players to use modified equipment to help with hand-eye coordination.

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SQUASH STARS

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3.5

MINI SQUASH

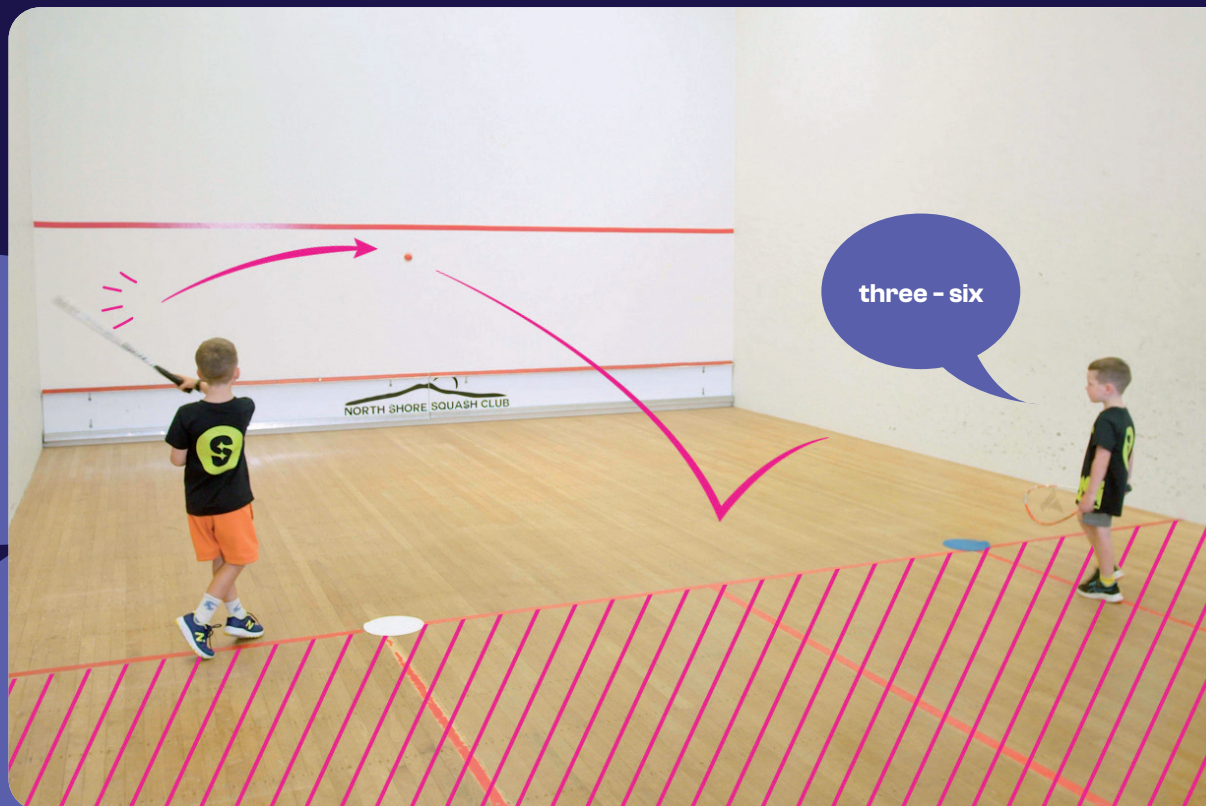
Mini Squash is played in a normal game of squash on a modified, smaller court (e.g., half court) to develop ball control and accuracy. Players compete to win points by maintaining rallies and outsmarting their opponents.

LEARNING FOCUS

Players improve striking, tracking skills, and tactical awareness by adapting to their opponent's actions.

SET UP

- **Equipment:** Squash rackets, foam or squash balls, goggles, throw-down lines (for court markings).
- **Space:** Set up enough courts with wall space for the size of the group. Use throw-down lines to mark out the courts, with two players per court.
- **Safety:** Players should wear goggles when hitting against the wall with a racket, wherever possible. Ensure there is enough space for all participants. If a shot risks hitting an opponent, stop and replay the rally (known as a "let"). Ensure all players understand this rule.



PLAY:

- Ensure that each pair has a ball and two rackets.
- Introduce a basic service, taken from anywhere in the playing area, but the ball must go above the service line or above waist height if not on a squash court.
- Play to a set period of time or number of points.
- Switch players from one pair to another and play again.
- Progress by allowing shots to go above and below the service line (waist height).

EXAMPLE INSTRUCTIONS

Alright players, today's challenge is to control the game! Start with a simple serve against the wall, then focus on placing your shots where your opponent can't reach and staying consistent. Can you outsmart your opponent and win the rally? Keep moving, stay sharp, and let's see who can win the most rallies!

LEARNING QUESTIONS

- How did you perform compared to your last game?
- What strategies did you use to score points?
- Did you notice any patterns in your opponent's play that you could exploit?

ENCOURAGE PLAYERS TO

- Move to the T Zone after each shot and focus on placing the ball away from their opponent into open space.
- Be honest with their scoring and think tactically about their shot placement.

POST GAME REFLECTIONS

- How effectively did players manage their shot placement?
- Did players adapt their strategies during the game?
- What improvements can players make for the next round?

SKILL LINK

This game encourages and improves the accuracy of players' hand-eye coordination while developing throwing and catching skills. The game also develops their attack and defence tactics.



MAKE IT *HARDER*

- Expand the area of the court being used to increase the challenge.



MAKE IT *EASIER*

- Use a different ball to help reduce the speed.

READY SET SQUASH • READY SET SQUASH • READY SET SQUASH



SQUASH STARS

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3.6

REBOUND SKITTLES

Rebound Skittles is a target-based challenge, improving accuracy and decision-making by focusing on hitting targets through striking the ball against the wall to rebound and knock over the targets (Skittles).

LEARNING FOCUS

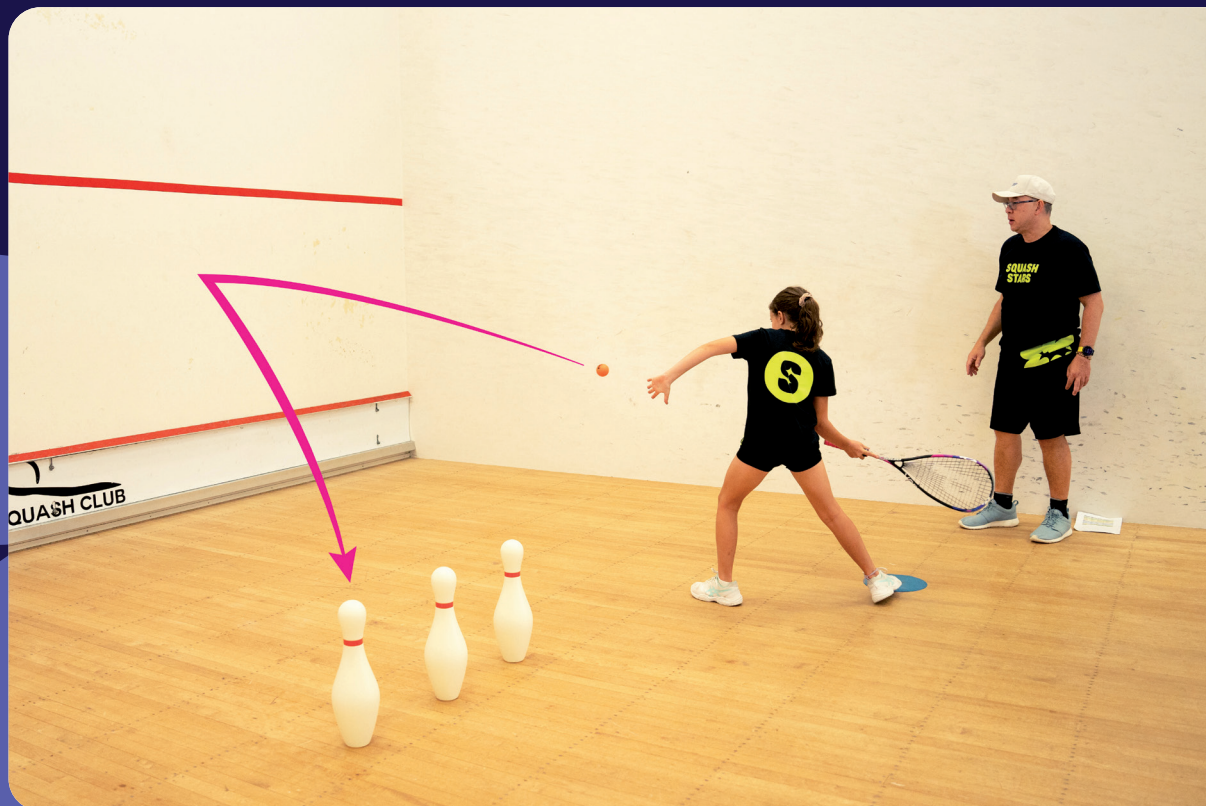
Players learn to develop decision-making skills as they adjust their aim and force to hit specific targets, helping them become thinking players.

SET UP

- **Equipment:** Variety of balls, rebound nets or a wall, short rackets, cones or similar items for skittles.
- **Space:** Set up skittles 2 metres from the wall.
- **Safety:** Ensure players have enough space to avoid collisions. Monitor for safe and controlled ball striking and ensure players are not getting too close to strikers

PLAY:

- Set up the skittles or pins approximately 2 metres from the wall and organise the students into pairs.
- Begin the activity by having each student perform a bounce serve, aiming to knock over as many skittles as possible.
- After each bounce-hit serve, the student resets the skittles for the next player.
- Continue rotating turns until all players have had multiple attempts to knock over the skittles.



EXAMPLE INSTRUCTIONS

"Get ready for Rebound Skittles! Your mission is to knock down as many skittles as possible by striking the ball against the wall. Take turns and see who can hit the most targets. Adjust your aim and power to hit each skittle. Can you hit them all and become a rebound champion?"

LEARNING QUESTIONS

- Where on the wall are you aiming to hit the ball? Why?
- What do you do to accurately strike the ball?
- How much force should you use to strike the ball? Why?

ENCOURAGE PLAYERS TO

- Move to the T Zone after each shot and focus on placing the ball away from their opponent into open space.
- Be honest with their scoring and think tactically about their shot placement.

POST GAME REFLECTIONS

- Can the children aim accurately at the targets?
- How well did they adjust their force and aim based on the position of the skittles?
- Did they anticipate the ball's rebound and move accordingly?

SKILL LINK

This activity helps players aim their shots better by controlling direction and force. In games like squash, knowing where to aim based on target positions helps players control the game and gain an advantage.



MAKE IT *HARDER*

- Stand further away from the skittles.
- Use fewer skittles as targets.
- Spread the skittles out to make it more challenging.



MAKE IT *EASIER*

- Strike the ball along the floor to make it easier.
- Move the skittles/pins closer to the student and the wall.
- Increase the number of skittles.
- Allow players to throw the ball against the wall instead of using rackets.

READY SET SQUASH • READY SET SQUASH • READY SET SQUASH



SQUASH STARS

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3.7

KEEP IT BOILING

Keep It Boiling is a cooperative squash game that emphasises accuracy, effective returns, and focus during rallies. Players work together to keep the rally going, just like keeping a pot of water boiling. This game challenges players to maintain control while working with their partner, enhancing their rallying skills and ability to anticipate and adapt.

LEARNING FOCUS

The focus is on reading the flight of the ball and moving into position to strike the ball while developing accuracy, reaction time, and consistency during rallies. This is one of the most important skills in squash.

SET UP

- **Equipment:** Squash and/or foam balls, rackets, and throw-down markers.
- **Space:** Divide a court into two halves using throw-down lines.
- **Safety:** Ensure players have enough space to avoid collisions. Monitor for safe and controlled ball striking and ensure players are not getting too close to strikers.



PLAY:

- Use a court or designated play area.
- One player starts with the ball.
- To begin the rally, one player strikes the ball against the wall or barrier so that it rebounds into their partner's half of the court.
- The opponent must then return the ball either on the full or after one bounce.
- The rally continues until one player fails to return the ball inside the boundaries or before the second bounce.

EXAMPLE INSTRUCTIONS

"Let's keep the rally boiling! Start with a gentle serve, aiming for one bounce before your partner returns it. Focus on control—try to place the ball where your partner can easily hit it back. Move quickly into position, and the challenge? Keep the rally alive for as long as you can. Let's see how many hits you can string together—10, 20, or more! Ready? Let's get boiling!"

LEARNING QUESTIONS

- What techniques did you use to ensure you returned the ball effectively?
- How did you adjust your play when the ball was coming towards you?
- How much force should you use to strike the ball? Why?
- In a game, why is it important to be able to hit the ball onto different places on the wall?

ENCOURAGE PLAYERS TO

- Hit friendly serves to begin the rally.
- Recover to the centre of the court after each shot.
- Early in preparation to strike the ball.
- Hit the ball at a pace that allows their partner to return it easily.

POST GAME REFLECTIONS

- Did players recover to the centre of the court and take their racket back early?
- Did they hit the ball at a pace that allowed their partner to return it easily?

SKILL LINK

This activity develops consistent rallying, which is fundamental in net/wall games like squash. Players improve shot placement, reaction time, and ability to control the pace of play. Use these cooperative skills to build a foundation for competitive play.



MAKE IT *HARDER*

- Make competitive the player winning the rally scores a point.
- Introduce targets for players to aim at during rallies.



MAKE IT *EASIER*

- Allow more than one bounce before returning the ball.
- Allow players to catch the ball before hitting it back.

READY SET SQUASH • READY SET SQUASH • READY SET SQUASH



SQUASH STARS

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3.8

KEEP IT BOILING

(FIXED HALVES)

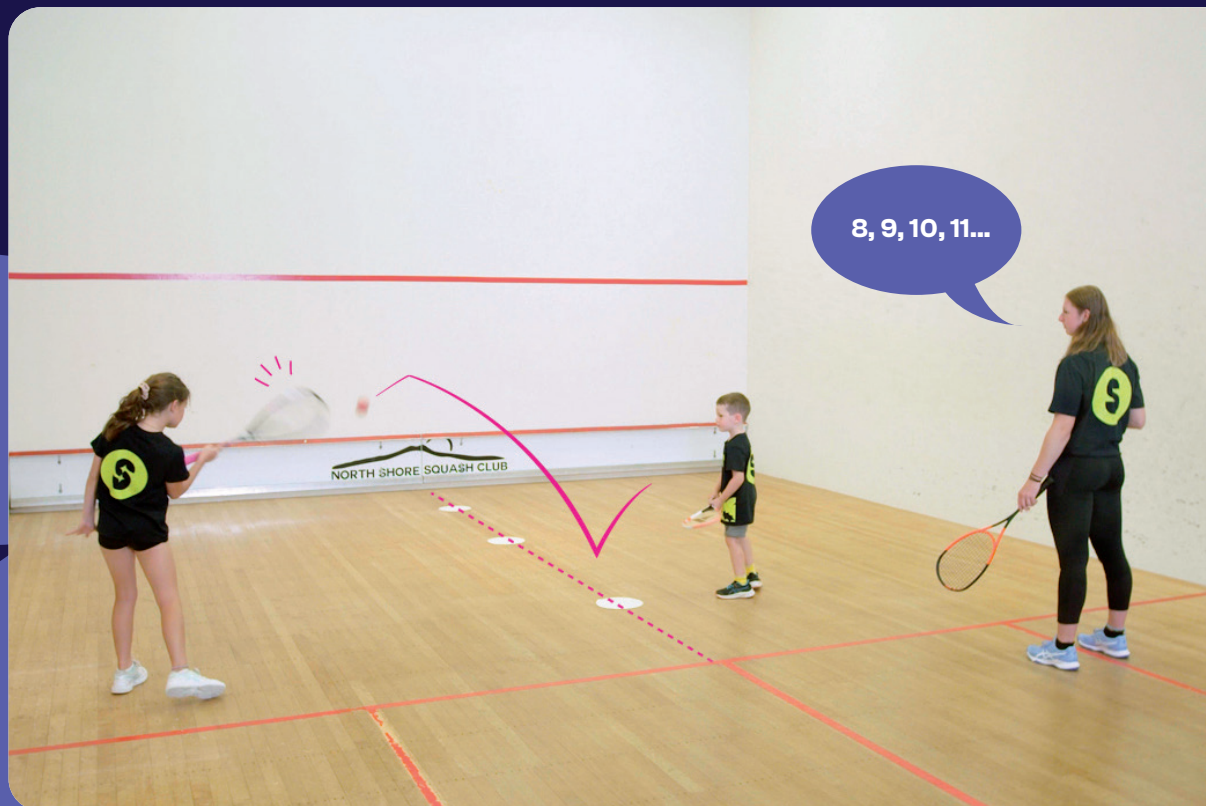
Keep It Boiling (Fixed Halves) focuses on cooperative rallying, where players work together to maintain a rally while hitting opposite sides of the court.

LEARNING FOCUS

Players will develop accuracy, reaction time, and consistency during rallies. The game encourages players to think tactically, adapt to their partner's actions, and communicate effectively.

SET UP

- **Equipment:** Squash balls and rackets.
- **Space:** Divide a court into two equal rectangles in front of the rally wall using markers or cones. If not on a squash court tape a line one metre above the floor to serve as the target height. (or all shorts to be above waist height)
- **Safety:** Ensure the playing area is clear of hazards, and players are aware of their surroundings to avoid collisions. Monitor for safe and controlled ball striking and ensure players are not getting too close to strikers.



PLAY:

- Two players start in separate halves of the court, with one player initiating a bounce serve to hit the ball onto the wall, aiming for it to land in the opposite half; the receiver must return the ball onto the wall after one bounce or on the full, and the rally continues with alternate hits until a player fails to strike the ball before the second bounce, or land it in the opposite half.

EXAMPLE INSTRUCTIONS

"Your mission is to keep the rally going for as long as possible while staying in your half of the court. After each shot, recover to the centre of your area and get ready for the next return. Think about your shot placement—can you make it easier for your partner to return the ball? Let's see how long you can keep it boiling!"

LEARNING QUESTIONS

- How do you accurately strike the ball onto a target?
- How much force should you use to strike the ball? Why?
- In a game, why is it important to be able to hit the ball onto different places on the wall?

ENCOURAGE PLAYERS TO

- Hit friendly serves to begin the rally.
- Recover to the centre of the court after each shot.
- Early in preparation to strike the ball.
- Hit the ball at a pace that allows their partner to return it easily.

POST GAME REFLECTIONS

- Did players recover to the centre of the court and take their racket back early?
- Did they hit the ball at a pace that allowed their partner to return it easily?

SKILL LINK

Cooperative rallying develops consistent shot placement, quick anticipation, and controlled power—all essential for squash.



MAKE IT *HARDER*

- The player winning the rally scores a point.
- Allow the ball to land in any part of the whole court after striking the wall.



MAKE IT *EASIER*

- Allow more than one bounce before returning the ball.
- Rally with your partner, hitting the ball along the ground.
- Focus on maintaining a rally without keeping score.

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3.9

COMPETITIVE RALLYING

(FIXED HALVES)

This competitive game challenges players to maintain precise and controlled rallies while targeting specific areas within their designated half of the court. Players compete to outscore their opponent by winning rallies and showcasing strategic shot placement.

LEARNING FOCUS

This game hones the skill of maintaining consistent and controlled rallies under pressure, which is crucial in competitive net/wall games. Players learn to anticipate their opponent's moves, adjust their positioning, and strategically place their shots to win points.

SET UP

- **Equipment:** Squash rackets, squash balls (foam or slower balls for beginners), goggles (recommended), throw-down lines or cones for court markings.
- **Space:** Divide a court into two equal rectangles in front of a wall using markers or cones.
- **Safety:** Ensure the playing area is clear of hazards, and players are aware of their surroundings to avoid collisions. Emphasize proper technique to prevent injuries.



PLAY:

- Two players begin by standing in separate halves of the court.
- One player serves by hitting the ball against the wall above the line, aiming for it to land in the opponent's half of the court.
- The opponent must return the ball onto the wall after one bounce or on the full, aiming to land it back in the server's half of the court.
- The rally continues until one player fails to return the ball onto the wall above the line, strikes the ball after it bounces a second time, or lands the ball outside the opponent's half of the court.
- Play continues with the winner of the previous rally serving. The game can be played to a set number of points or within a time limit.

NB: After certain amount of time or number of points, players swap sides.

EXAMPLE INSTRUCTIONS

"Alright team, today we're diving into a competitive rallying game called 'Fixed Halves.' The goal is to outsmart your opponent with precision and strategy—not just power! Aim for the wall, place your shots carefully, and recover quickly to prepare for the next return. Let's sharpen our skills and have some fun!"

LEARNING QUESTIONS

- Where did you aim your shots to make it difficult for your opponent?
- How did you adjust your positioning to prepare for your opponent's return?
- What strategies did you use to maintain control of the rally?
- Why is it important to recover to the centre of the court after each shot?

ENCOURAGE PLAYERS TO

- Serve strategically to challenge their opponent's return.
- Recover to the centre of the court quickly after each shot.
- Vary the pace and placement of their shots to outmanoeuvre their opponent.

POST GAME REFLECTIONS

- The effectiveness of players' shot placement in winning rallies.
- How well players adjusted their strategy based on their opponent's positioning and shot selection.
- Their ability to maintain focus and control throughout the competitive rallies.

SKILL LINK

This activity enhances tactical awareness, shot placement, and positioning, all vital for competitive squash.



MAKE IT *HARDER*

- Increase the pace of the game by allowing only one bounce before returning the ball.
- Require players to use specific types of shots (e.g., volleys only).
- Play the game within a smaller court area to increase the difficulty.



MAKE IT *EASIER*

- Allow two or more bounces before the ball must be returned.
- Widen the court area to give players more time to react.
- Use a larger, slower ball to make it easier to control and return.

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BOX LEAGUES

Players should play in groups of four or five against each other in a box league. The matches can be timed or to a certain score (e.g., 5, 7, or 11). Note: A full game of squash scores every point to 11 or two clear points after 11 (e.g., 12-10, 13-11, etc.).

LEARNING FOCUS

Players will understand the importance of communicating, collaborating, and competing with each other in sport.

SET UP

- **Equipment:** Throw-down lines or cones if you need to mark out court areas, a variety of balls to match the ability of the players.
- **Space:** Full Squash courts if available. Can be full court games or mini games.
- **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.

	League	1	2	3	4	5	6	Points
1	Piper		2	1				3
2	Lachie	1		1				2
3	Ella	2	2					4
4	Theo							
5	Violet							
6	Taika							

PLAY:

- Split the players into equal groups of four or five. Use throw-down lines and spare wall space to set up enough courts to accommodate each group of players.

Playing Orders:

- Groups of 4 players:
1v2; 3v4; 1v3; 2v4; 1v4; 2v3
- Groups of 5 players:
1v2; 3v4; 1v5; 2v3; 1v4; 2v5; 1v3; 4v5; 2v4; 3v5.
- Groups of 6 players:
1v2; 3v4; 5v6; 1v3; 2v5; 4v6; 1v4; 3v5; 2v6; 1v5; 3v6; 2v4; 1v6; 2v3; 4v5

LEARNING QUESTIONS

- Where did you aim your shots to make it difficult for your opponent?
- What can you learn from playing different opponents?
- When should you ask for a let during a game?

POST GAME REFLECTIONS

- The effectiveness of players' shot placement in winning rallies.
- How well did players adjusted their tactics based on their opponent's ability.
- Did players start understanding inference rules, and identify when to ask for a let?

ENCOURAGE PLAYERS TO

- You can encourage players to rotate as officials and scorers. This will help with the administration of the box league.
- Hit to spaces when trying to win points. Use both width and depth of the court.
- Reinforce the interference rule

SKILL LINK

This activity encourages and improves the accuracy of players' hand-eye coordination and teaches attacking and defending skills and develops adaptability and sense of fair play required to compete in competitions.



MAKE IT *HARDER*

- Change the ball to challenge the players – blue or yellow dot



MAKE IT *EASIER*

- Have a box league that uses the modified equipment.
- Change the ball to make it easier for the players – use a foam or blue dot ball.

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**SQUASH
STARS**

RALLY WALL GAMES



**READY
SET
SMASH**



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4.1

KEEP IT BOILING

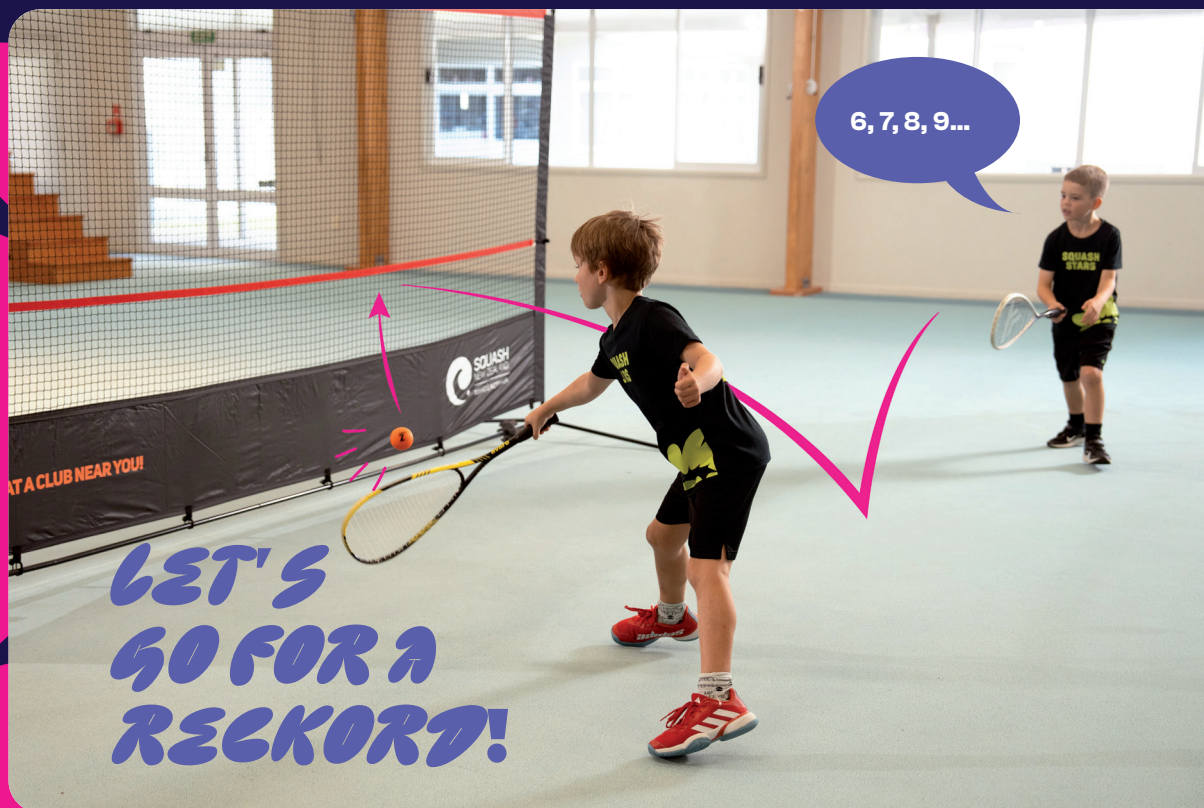
This is a cooperative squash game that emphasises accuracy, effective returns, and focus during rallies. Players work together to keep the rally going, just like keeping a pot of water boiling. This game challenges players to maintain control while working with their partner, enhancing their rallying skills and ability to anticipate and adapt.

LEARNING FOCUS

The focus is on reading the flight of the ball and moving into position to strike it while developing accuracy, reaction time, and consistency during rallies. This is one of the most important skills in rally-type games.

SET UP

- **Equipment:** Squash and/or foam balls, rackets, and throw-down markers.
- **Space:** Use throw-down lines and spare wall space to set up enough courts to accommodate pairs of players.
- **Safety:** Ensure players have enough space to avoid collisions. Monitor for safe and controlled ball striking and ensure players are not getting too close to strikers.



PLAY:

- Use a court or designated play area.
- One player starts with the ball.
- To begin the rally, one player strikes the ball against the wall or Net so that it rebounds into their partner's half of the court.
- The partner must then return the ball either on the full or after one bounce.
- The rally continues until one player fails to return the ball inside the boundaries or before the second bounce.

EXAMPLE COACH INSTRUCTIONS

"Let's keep the rally boiling! Start with a gentle serve, aiming for one bounce before your partner returns it. Focus on control—try to place the ball where your partner can easily hit it back. Move quickly into position, and The challenge? Keep the rally alive for as long as you can. Let's see how many hits you can string together—10, 20, or more! Ready? Let's get boiling!"

SKILL LINK

This activity develops consistent rallying, which is fundamental in net/wall games like squash. Players improve shot placement, reaction time, and ability to control the pace of play. Use these cooperative skills to build a foundation for competitive play.

ENCOURAGE PLAYERS TO

- Hit friendly serves to begin the rally.
- Recover to the centre of the court after each shot.
- Early in preparation to strike the ball.
- Hit the ball at a pace that allows their partner to return it easily.

POST GAME REFLECTIONS

- Did players recover to the centre of the court and take their racket back early?
- Did they hit the ball at a pace that allowed their partner to return it easily?
- How did players communicate to keep the rally going?

LEARNING QUESTIONS

- How did you work with your partner to keep the rally going?
- What was the most challenging part of keeping the rally going?
- How did you feel when you and your partner were in sync?
- What could you do differently next time to help your partner?



MAKE IT *HARDER*

- Add time limit most hits in 60 sec
- Introduce targets for players to aim at during rallies.



MAKE IT *EASIER*

- Allow more than one bounce before returning the ball.
- Allow players to catch the ball before hitting it back.

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4.2

KEEP IT BOILING - FIXED HALVES

Keep It Boiling (Fixed Halves) focuses on cooperative rallying, where players work together to maintain a rally while hitting opposite sides of the court.

LEARNING FOCUS

Players will develop accuracy, reaction time, and consistency during rallies. The game encourages players to think tactically, adapt to their partner's actions, and communicate effectively.

SET UP

- **Equipment:** Squash balls and rackets.
- **Space:** Divide a court into two equal rectangles in front of the rally wall using markers or cones. If not on a squash court tape a line one metre above the floor to serve as the target height. (or all shots to be above waist height)
- **Safety:** Ensure the playing area is clear of hazards, and players are aware of their surroundings to avoid collisions.



PLAY:

- Two players start in separate halves of the court, with one player initiating a bounce serve to hit the ball onto the wall, aiming for it to land in the opposite half.
- The receiver must return the ball onto the wall after one bounce or on the full.
- The rally continues with alternate hits until a player fails to strike the ball before the second bounce, or land it in the opposite half.

EXAMPLE INSTRUCTIONS

"Let's get tactical! Start with a friendly serve into your partner's half—no trick shots yet! Focus on aiming for the wall and placing your shot carefully. After your hit, recover to the middle of your half like a champion. Can you keep the rally going while hitting into the right areas? Ready, set, go!"

LEARNING QUESTIONS

- How do you accurately strike the ball onto a target?
- How much force should you use to strike the ball? Why?
- In a game, why is it important to be able to hit the ball onto different places on the wall?

ENCOURAGE PLAYERS TO

- Hit friendly serves to begin the rally.
- Recover to the centre of the court after each shot.
- Early in preparation to strike the ball.
- Hit the ball at a pace that allows their partner to return it easily.

POST GAME REFLECTIONS

- Did players recover to the centre of the court and take their racket back early?
- Did they hit the ball at a pace that allowed their partner to return it easily?

SKILL LINK

Cooperative rallying develops consistent shot placement, quick anticipation, and controlled power—all essential for net/wall games.



MAKE IT *HARDER*

- Add time limit most hits in 60 sec
- Allow the ball to land in any part of the whole court after striking the wall.



MAKE IT *EASIER*

- Allow more than one bounce before returning the ball.
- Rally with your partner, hitting the ball along the ground.
- Focus on maintaining a rally without keeping score.

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4.3

MINI SQUASH - FIXED HALVES

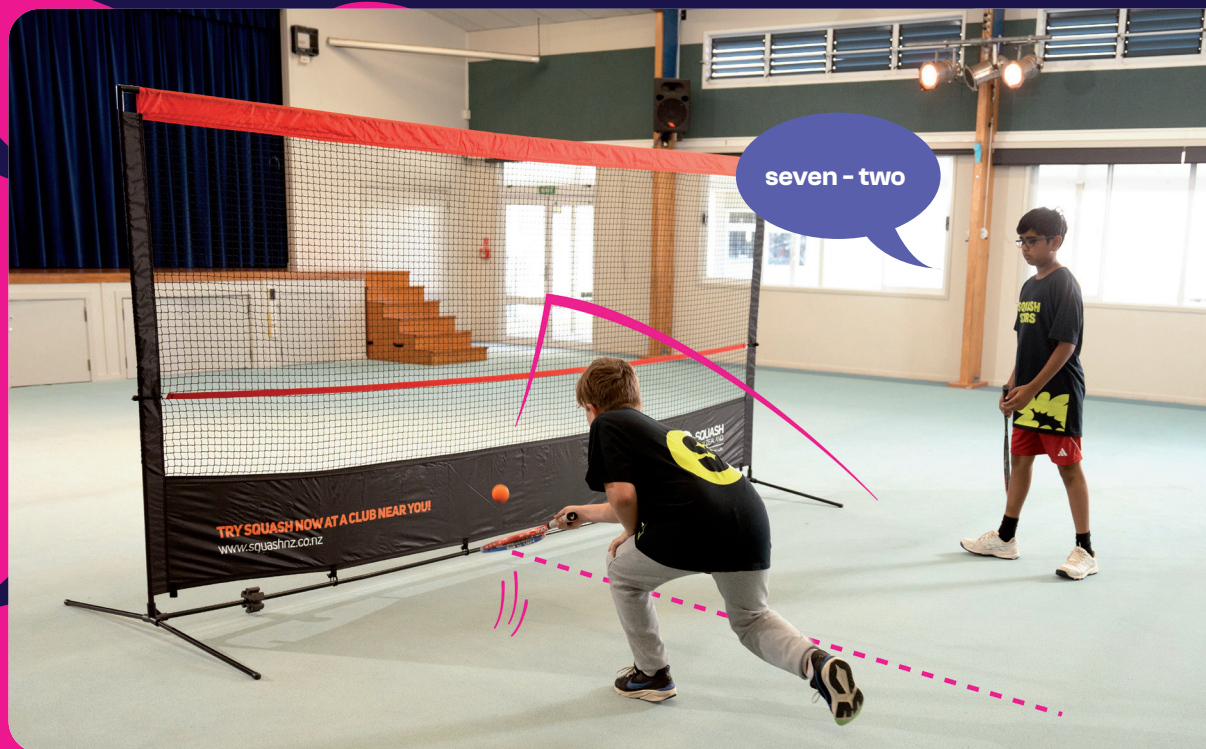
This competitive game challenges players to maintain precise and controlled rallies while targeting specific areas within their designated half of the court. Players compete to outscore their opponent by winning rallies and showcasing strategic shot placement.

LEARNING FOCUS

This game hones the skill of maintaining consistent and controlled rallies under pressure, which is crucial in competitive net/wall games. Players learn to anticipate their opponent's moves, adjust their positioning, and strategically place their shots to win points.

SET UP

- **Equipment:** Squash rackets. Squash balls (foam or slower balls for beginners). Goggles (recommended). Throw-down lines or cones for court markings.
- **Space:** Divide a court into two equal rectangles in front of a wall using markers or cones. Tape a line on the wall approximately one metre above the floor to serve as the target height.
- **Safety:** Ensure the playing area is clear of hazards, and players are aware of their surroundings to avoid collisions. Emphasize proper technique to prevent injuries.



PLAY:

- Two players start in separate halves of the court, with one player initiating a bounce serve to hit the ball onto the wall above the line, aiming for it to land in the opposite half.
- The receiver must return the ball onto the wall after one bounce or on the full, and the rally continues with alternate hits until a player fails to return the ball, strike it before the second bounce, or land it in the opposite half.

NB: After certain amount of time or number of points, players swap sides.

EXAMPLE INSTRUCTIONS

"Alright team, today we're diving into a competitive rallying game called 'Fixed Halves.' The goal is to outsmart your opponent by maintaining control and precision in your shots. Remember, it's not just about power—it's about strategy and placement. You'll need to hit the ball into the opposite side of the court, aiming to make it difficult for your opponent to return. Let's get ready to sharpen our skills and have some fun!"

POST GAME REFLECTIONS

- Did players recover to the centre of the court and take their racket back early?
- Did they hit the ball at a pace that allowed their partner to return it easily?

ENCOURAGE PLAYERS TO

- Serve strategically to challenge their opponent's return.
- Recover to the centre of the court quickly after each shot.
- Vary the pace and placement of their shots to outmanoeuvre their opponent.

LEARNING QUESTIONS

- Where did you aim your shots to make it difficult for your opponent?
- How did you adjust your positioning to prepare for your opponent's return?
- What strategies did you use to maintain control of the rally?
- Why is it important to recover to the centre of the court after each shot?

SKILL LINK

This activity enhances tactical awareness, shot placement, and positioning, all vital for competitive net/wall games.



MAKE IT **HARDER**

- Play best of five points, then swap playing partners.
- The player winning the rally scores a point.
- Award bonus points for friendly serves.
- Allow the ball to land in any part of the whole court after striking the wall.



MAKE IT **EASIER**

- Allow more than one bounce before returning the ball.
- Rally with your partner, hitting the ball along the ground.
- Focus on maintaining a rally without keeping score.

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4.4

AROUND THE WORLD

Around the World is a cooperative squash game that emphasises movement, positioning, and teamwork. Players work together to keep the rally going while rotating positions around the court.

LEARNING FOCUS

The focus is on court positioning, reading the ball's flight, and efficient movement to the ball. Key learning points include getting into position early, reading the ball's flight, moving actively to intercept it, and ensuring safe movement and teamwork.

SET UP

- **Equipment:** Short rackets, slower balls, and a rebound net.
- **Space:** Use a small court area, divided by a rebound net.
- **Group Size:** Groups of 8 players, with 4 at each end of the court.
- **Safety:** Ensure players maintain court awareness and avoid collisions. Use controlled movements and proper footwear. Monitor for safe ball striking and awareness of others.



PLAY:

- Players are divided into two teams, with four players on each side of the court.
- One player starts by hitting the ball against the wall or rebound net, then runs anticlockwise around the court to join the other team.
- The next player in line hits the ball and repeats the process, aiming to place the ball where it can be easily received and returned to keep the rally going.

EXAMPLE INSTRUCTIONS

"Let's go Around the World! After you hit the ball, move quickly around the court to join your teammates. Focus on making a controlled shot that your teammates can easily return. Keep an eye on the rally, move into position quickly, and see how many shots your group can string together in your best rally!"

POST GAME REFLECTIONS

- Could players watch the rally and anticipate when to enter the game?
- Could they anticipate the partners most likely return?
- Did they work cooperatively as a group to keep the rally going?

LEARNING QUESTIONS

- Where is the best position to head for when you enter the court? Why is this?
- What is the best way to move around the court?
- How many shots could your group achieve in your best rally?

ENCOURAGE PLAYERS TO

- Hit friendly serves to begin the rally.
- Move efficiently to be in good position to play their next shot.
- Hit the ball at a pace that allows their partner to return it easily.

SKILL LINK

This game develops ball tracking skills, court positioning, movement efficiency, and teamwork—essential skills for maintaining control and consistency in net/wall games.



MAKE IT *HARDER*

- Change direction often by calling change.
- Reduce the number of players.
- Challenge players to aim for specific targets.



MAKE IT *EASIER*

- Allow more than one bounce before returning the ball.
- Add some extra players to the group to allow more time to get into position.
- Players can walk instead of running around the court.

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4.5

LIVE

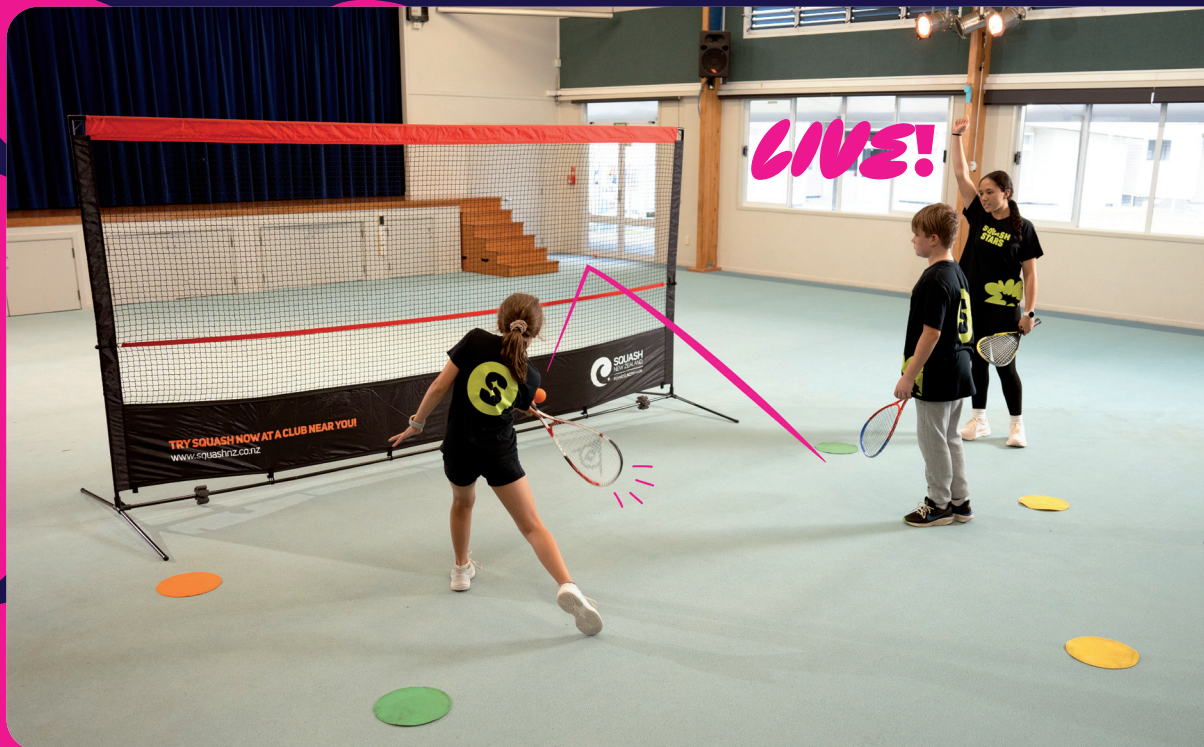
In this game, players start by playing cooperatively. When the rally breaks down, the game switches to a competitive mode, making it both enjoyable and challenging.

LEARNING FOCUS

The focus is on learning to sustain a rally, anticipating your partner's shots, and build an attack, and moving to cover the court effectively while strategising to win points when the game become competitive.

SET UP

- **Equipment:** Foam or soft balls, Rebound nets or a wall, Short Rackets, Use a rebound net or a wall to simulate the play environment.
- **Space:** Use a small court area, divided by a rebound net.
- **Group Size:** Have four players participating at a time (two on each side of the rebound net or wall).
- **Safety:** Ensure the playing area is clear of hazards, and players are aware of their surroundings to avoid collisions.



PLAY:

- Players begin by rallying with a bounce serve against the wall or rebound net, working together to keep the rally going as long as possible.
- When one rally breaks down, a player calls "live," and the pairs compete to win the rally.
- Play for a set number of points or a time limit.

EXAMPLE INSTRUCTIONS

"Alright team, let's start with a bounce serve against the wall and keep the rally going! Work together for control and rhythm. If the rally breaks down, shout 'LIVE!' and switch to competitive mode to win the point. After scoring, return to a collaborative rally. Ready to go from friendly to fierce? Let's play!"

POST GAME REFLECTIONS

After the activity, can the children:

- Play cooperatively to maintain a rally against the wall or rebound net?
- Move around effectively to position themselves for each shot?
- Transition smoothly between cooperative play and competitive play, and build an attack?

LEARNING QUESTIONS

- How can you control where the ball goes?
- What should you focus on when you hear "live"?
- Did you think ahead and plan your attack? How?
- Why is it important to build an attack in this game?

SKILL LINK

This activity develops tactical awareness, positioning, and shot placement—essential for transitioning between defensive and attacking play in net/wall games.

ENCOURAGE PLAYERS TO

- Get into position early for their next shot
- Think ahead for how they will play when game goes live.



MAKE IT *HARDER*

- Add some targets to earn bonus points.
- Make competitive play after a certain number of shots in the rally. ie: 10
- Nominate a player that can call live at anytime or the Activator can do this.



MAKE IT *EASIER*

- Catch and throw the ball against the wall to land on the targets.
- Bounce hit (serve) the ball against the wall to hit a target.
- Have the student feeding the ball throw it underarm against the wall.

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4.6

FLOOR TARGETS

Floor targets is a game where players score points by hitting specific targets on the court, emphasising accuracy, effective returns, and focus during rallies. This game can also help develop numeracy skills.

LEARNING FOCUS

Players will focus on improving hand-eye coordination, racket control, and strategic shot placement. The activity helps players aim accurately, track the ball's flight, and adjust their movement to succeed.

SET UP

- **Equipment:** Foam or soft balls, short rackets, rebound net or wall, spot markers or hoops for targets.
- **Space:** Scatter targets on the floor around the court.
- **Group Size:** Suitable for individual or small group play.
- **Safety:** Ensure the playing area is clear of hazards, and players are aware of their surroundings to avoid collisions.



PLAY:

- Players move forward to strike the ball after it has been fed against the wall by a partner, aiming to land it on one of the targets.
- Each time a student hits a target, that target is removed from the game, and the player gains a point.

EXAMPLE INSTRUCTIONS

"Alright team, let's have some fun with Floor Targets! Start by feeding the ball against the wall, then step up and aim for those targets on the floor. Every time you hit a target, it's out of the game, and you score a point. Let's see who can clear the most targets! Keep your shots controlled and accurate and remember to move quickly into position. Ready, set, go!"

LEARNING QUESTIONS

- How did you adjust your aim to hit specific targets?
- How much force did you need to strike the ball accurately?
- As the feeder, how did you help your partner hit the targets?

ENCOURAGE PLAYERS TO

- Aim carefully for the target.
- Adjust the force of their shots to control the ball direction.
- Focus on their stance and positioning to ensure they can make accurate shots.

POST GAME REFLECTIONS

- Can the children aim accurately at the targets?
- How well did they adjust their force and aim based on the position of the targets?
- Did they anticipate the ball's rebound and move accordingly?

SKILL LINK

This activity develops accurate shot placement, situational awareness, and adaptability—key skills for net/wall games like squash.



MAKE IT *HARDER*

- Spread targets out across the court.
- Make the targets smaller.
- Make the game a continuous rally.



MAKE IT *EASIER*

- Catch and throw the ball against the wall to land on the targets.
- Bounce hit (serve) the ball against the wall to hit a target.
- If a target is hit, the target stays in the game.
- Have the student feeding the ball throw it underarm against the wall.

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4.7

MINI SQUASH

Mini Squash is a modified squash game using a rally wall (net) to develop ball control and accuracy. Players compete to win points by maintaining rallies and outsmarting their opponents.

LEARNING FOCUS

Players improve striking, tracking skills, and tactical awareness by adapting to their opponent's actions. Players will learn the importance of communicating, collaborating, and competing with each other in sport.

SET UP

- **Equipment:** Squash rackets, squash balls, goggles (recommended), throw-down lines (for court markings), rebound net.
- **Space:** Set up enough courts with rebound nets for the size of the group. Use throw-down lines to mark out the courts, with two players per court.
- **Safety:** Players should wear goggles when hitting against the rebound net with a racket, wherever possible. Ensure there is enough space for all participants. If a shot risk hitting an opponent, stop and replay the rally (known as a "let"). Ensure all players understand this rule.



PLAY:

- Ensure that each pair has a ball and a racket each. Introduce a basic service, taken from anywhere in the playing area.
- Play to a set period of time or number of points.
- Switch players from one pair to another and play again.

EXAMPLE INSTRUCTIONS

Alright players, today's challenge is to control the game! Start with a simple serve against the net, then focus on placing your shots where your opponent can't reach and staying consistent. Can you outsmart your opponent and win the rally? Keep moving, stay sharp, and let's see who can win the most rallies!

POST GAME REFLECTIONS

- How effectively did players manage their shot placement?
- Did players adapt their strategies during the game?
- What improvements can players make for the next round?

LEARNING QUESTIONS

- How did you perform compared to your last game?
- How did you adapt to your opponent's shot placement?
- How can you improve your control and accuracy for the next game?

SKILL LINK

This game encourages and improves the accuracy of players' hand-eye coordination while developing their attack and defence tactics.

ENCOURAGE PLAYERS TO

- Move to the T Zone after each shot.
- Focus on placing the ball away from their opponent into open space.



MAKE IT *HARDER*

- Expand the area of the court being used to increase the challenge.
- Introduce targets on the court for bonus points.



MAKE IT *EASIER*

- Allow players to catch and throw the ball to maintain rallies. If they are struggling using a racket.

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