Brackley Squash Club 6 week course

This course is designed to give a 6 week introductory squash course based on 6 - 45 minute lessons for beginners. The course will be delivered by a Qualified Level 1 coach and covers the basics of squash. All equipment will be supplied, including rackets and safety goggles. Players will be coached in groups of no more than 6 players per court.

The sample course is designed for 11 year old children to adults.

**Lesson 1**

* Hello – welcome by coach to players and getting to know the other players
* Equipment and safety – an introduction to the equipment and simple safety rules
* Warm up activity – Cross the court and Over and Under
* Activities
	+ Racket relay
	+ Forehand and backhand shots
	+ ¼ game court
* End of lesson warm down and plenary

**Lesson 2**

* Warm up activities – Mirrors and throw and duck
* Activities
	+ Team rally challenge
	+ Forehand and backhand volleys
	+ Battleships
	+ Hot zones
* End of lesson warm down and plenary

**Lesson 3**

* Warm up activities – Follow your pass and racket grab
* Activity
	+ The service
	+ The service game
	+ Service return
	+ The game of squash
	+ Squgby
* End of lesson warm down and plenary

**Lesson 4**

* Warm up activities – Switch and High, middle and low
* Activities
	+ Tap up squash
	+ Step back rallies
	+ Long vs Short,
	+ ½ court alley game
* End of lesson warm down and plenary

**Lesson 5**

* Warm up activities – Cone collection and catch squash
* Activities
	+ Ghosting
	+ Hot zones
	+ Co-operative ¼ court rallying
	+ Competitive ¼ court game
* End of lesson warm down and plenary

**Lesson 6**

* Warm up activities – Agility ladders, reaction ball grab
* Activities
	+ Step back rallies
	+ Cross court widths
	+ Boasts
	+ Right vs left side games
	+ ¾ court game
* End of lesson warm down and plenary

Martin Hall/Gary Wilson

Level 1 coach

Brackley Squash Club