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