

mini squash

Coaches Handbook

Ages 7 - 8 Years

Practice Sessions



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Mini Squash Practice Sessions

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Mini Squash

There are six progressive practice sessions for players ages 7-8. The goal of these practices is to help children learn the basic skills to play the game as quickly as possible and enjoy the experience of hitting balls against the four walls. The players learn on a full size court, playing with a foam or blue ball.

These practices relate to the different playing situations in squash, so different skills are developed or introduced to develop the players ability in that situation.

- **Playing Situation 1: Both players in the backcourt.** To play successfully in the backcourt, a player needs forehand and backhand ground strokes. The ability to rally the ball several times and also move the opponent about the court can be developed at this age. Once players can rally, they can start to compete.
- **Playing Situation 2: Serving.** By this age, players are capable of developing the underhand lob serve. Practicing getting the serve in the correct area of the court on a more consistent basis is necessary.
- **Playing Situation 3: Returning the serve.** The return is an essential part of competition. It is important for young players to learn the proper positioning and how to adapt basic forehands and backhands for the return.
- **Playing Situation 4: Moving to the front of the court, or at the 'T' volleying while the opponent is out of position.** The skills needed in this situation include moving to the T quickly to hit the ball early on the volley.
- **Situation 5: On the 'T' with the opponent positioned in the back court or having moved to the front of the court.** The player needs to play short shots to put pressure on the opponent or high lob shots to buy themselves time to recover the dominant position at the 'T'.

Each practice session will incorporate tactics, skills and rules that are learned as part of learning the game. Learning how and when to play the different shots and where to be on the court is important. Learning the rules, scoring and appropriate behaviour are part of playing any sport.

Each Session is Structured as Follows

COACHING TIPS

1. The objective of the practice.
2. A warm-up activity that helps develop the athletic skills of the age group.
3. A review of what was learned in the previous session.
4. A new skill and a series of practices to develop that skill in a playing situation.
5. A team game that reinforces the skills and tactics of the playing situation.
6. A cool down activity.
7. A homework assignment,

8 Practice Overviews

This guide outlines the eight practice sessions. It serves as a reference of what is covered in depth during each practice.

Practice 1 Developing rallying skills

Warm-up	Different Moves, Jump rope, Running, Balance
New Skill	Developing the forehand and backhand
Team Game	Target Squash
Homework	The Grand Canyon

Practice 2 Underhand Serve and Smash serve

Warm-up	Sidesteps, Throwing and Coordination
New Skill	Underhand and Smash Serve
Team Game	Cone Serves
Homework	Hot Hopping

Practice 3 Returning the serve

Warm-up	Knee Bending, Throw and Catch, Agility, Reaction Speed
New Skill	Receiving the serve
Team Game	serve and Return
Homework	Foot skills

Practice 4 Moving to the 'T' to volley

Warm-up	Line Bounce, Ball passing, Reaction speed, Coordination
New Skill	Moving to the 'T' and the volley
Team Game	Team Volley
Homework	Racquet Balance

Practice 5 Consistency and accuracy from the back of the court

Warm-up	Run with arms, Skip and change, Speed, Strength
New Skill	Hitting consistent and accurate drives
Team Game	Square scores
Homework	Keepie-Uppies

Practice 6 Playing Shots in Sequence

Warm-up	Jog Ball, Small and Tall, Reaction speed, Coordination and rhythm
New Skill	Learning to play sequence of shots
Team Game	Three courts, Two teams
Homework	Uppies and Downies

Practice 7 Learning how to play and score

Warm-up	Feet ball, Speed, Coordination and Rythm
New Skill	Learning how to play and score
Team Game	Team Bounce
Homework	Sideways Keepie-Uppie

Practice 8 Playing, Umpiring and Scoring

Warm-up	Run and Jump, Speed, Coordination and rhythm
New Skill	Playing, umpiring and scoring
Team Game	Winning Players
Homework	Up and Down

Mini Squash: practice 1

Develop Rallying Skills from the 'T'

Court Size: Full size

Session Length: 60 minutes

Objective

To develop the forehand and backhand skills so players can rally from the 'T'

Warm-up

Different moves. Players in pairs jog together in step. Players take turns choosing different movements-hopping, skipping, jumping, etc.-and also moving in different directions-forward, backward, sideways. The partner has to copy the movement and the different direction. Take turns as the leader.

Jump rope. Jump with both feet together and then with alternate feet. Try to do at least 10 of each. Show the players how to keep their hands at waist height (not over their head) and turn the rope with their hands, not their arms. Encourage players to keep their head up and eyes forward.

RUNNING

Rope ladder. Run through a rope ladder. (If a ladder is not available, make one from throw-down lines or chalk lines.) Encourage the players to run through the steps of the ladder.

- Forward and sideways and with one foot in each step
- With two feet in each step.

BALANCE

Cones. Each player needs two cones spaced about 6 feet apart. Players stand on one leg, between the two cones, and try to touch each cone with the fingers of each hand alternately, without falling over. Change legs. Encourage the players to keep their eyes forward and head up.

New Skill: Developing the Forehand and Backhand

Basic ground strokes.

- Show and explain the basic shape of the forehand and backhand drive i.e. the racquet head up and back ensuring a full backswing.
- Show the players how the ball is hit with the shoulders square to the side wall for a straight drive.
- Explain that they also need to move as the ball comes toward them so they strike the ball level or slightly in front of the front foot.

Teach players how to feed the ball. Players in pairs. Show players how to toss balls underhand to the hitter so the ball bounces evenly off of the wall and their partner can hit the ball on to the front wall with a smooth swing.

Hitting forehands and backhands with a partner. Players in pairs, one as feeder and one as hitter. Encourage players to hit the ball higher on the front wall so the ball bounces nearer to the back of the court. Put throw-down lines or cones down as targets for distance. Remind players to use a high-to-low swing of the racquet to get the ball higher and deeper. Show the players how to turn their shoulders to help get the racquet back.

Too Hard?

Get one player to toss a ball to either side of the partner and then try to catch the return.

Rallying with a partner. Get the players to count their longest rally. The rally can be either a tossed ball to a hitter or as a sequence of shots between two players, both with racquets

1. Use a yellow foam or blue ball until the players become competent and confident.

COACHING TIPS

- Emphasize forehands and backhands with the racket up early and focus on hitting the ball above the service line on the front wall to ensure it lands deep in the back court.
- Make sure players prepare for the ball by moving their feet-so their shoulders are square to the side wall and their front foot is level or just behind the ball ensuring they can make solid and proper contact.
- Make sure players hold the racquet firmly and give themselves room to swing.

Team Game: Target Squash

Players in pairs one on each side of the court, one of them with a supply of balls. Place a series of large targets behind the feeders, about 3 feet from the back wall, for the hitters to aim at. The feeders toss the ball underhand for their partner to try to get the ball to land behind the line of targets to score a point for the team. Change feeders and hitters after a set time (e.g. one minute) and then add together all the points for targets hit by the hitters. Repeat with the other players being hitters.

Cool Down

Racket Relay: In teams players run from the back court to the front of the court juggling the ball on their racket.

Homework

The Grand Canyon. Find a long line on the ground and walk along it, placing one foot in front of the other all the way along, as if you are on a tightrope. Try not to wobble. It will help to keep your arms by your sides. How far can you go without losing your balance? Can you go backward, too? Try to look at the line a distance in front of you, not underneath you.

Mini Squash: Practice 2

Underhand and Smash Serve

Court Size: Full size

Session Length: 60 minutes

Objective

To develop forehand and backhand skills so players can rally from behind the service line.

Warm-up

Side steps. Players moving with side steps, at the same time swinging their arms to get them higher and higher, before finally swinging them overhead. Make sure players keep their feet about shoulder width apart as they side step, do not "bang" their heels together and keep their bodies upright.

THROWING AND COORDINATION

Throwing together. Players in pairs about 10 feet apart. Throw a large, light ball with both hands to a partner. Try to throw overhead like a soccer throw-in, from the chest with both hands behind the ball (chest pass) and also stand with back to the partner and throw the ball over the head. Make sure the players use both arms equally. Bend both knees at the start and then extend them to help throw the ball farther. (This is the beginning of learning to use and coordinate the whole body in the serve action.)

Throwing. Throw low-compression balls underhand and then overhand against a wall so it rebounds to a partner; try to throw straight and high with normal hand for partner to catch. (At this age, some children do not yet know which hand they prefer.)

BALANCE

Line balance. Give each player two throw-down lines. The player puts one down on the front line of the court and stands with one or both feet on it, placing the other line 2 to 3 feet into the court. Move both feet to the new line and pick up the first without falling off the line. Repeat several times until the player has "crossed" the court without falling off the line.

New Skill: Underhand and Smash Serve

Underhand Serve

- Demonstrate the underhand serve.
- Show them the body position, shoulders parallel to the side wall with the racquet and ball in front.
- Show the drop of the ball onto the racquet and the swing of the racquet to hit the ball before the bounce.

Players practice foot position and the swinging action of the racquet,

Forehand Smash Serve. Show players a forehand smash serve several times and then let them try. Some players will copy and have the basic action. Others will need more help and the action may need to be broken down into simple steps.

Show and point out the key issues in order:

- Starting position of feet
- Position of the racquet and ball in front and to the side of the body
- Separation of the arms (i. e., the separation of the racquet arm and ball arm during the service motion)

- Placement of the ball in the air
- The throwing action of the racquet to hit the ball with a wrist firm

Remind players that serving is like throwing ball hard and fast. Make sure players have a good starting position of the feet and the racquet.

If players struggle to master the smash serve, they can always use an underhand serve. The goal of teaching the serve is to get players playing points as soon as possible.

Serving from both sides of the court. Players are positioned on both sides of the court and take turns serving to each other. Encourage players to help each other as this is a great opportunity to learn as they help their friends.

COACHING TIPS

- Many children learn by copying, so let them have a go at the full service motion before breaking it down. Limit information to the key points they have been shown.
- The placement of the ball in the air WILL be erratic for young players learning to serve, but players will learn to place the ball better each attempt. Concentrate on the basic action. Don't worry about the exact placement of the ball in the air.
- Encourage a throwing action of the racquet. Ensure the back foot and hip stay back before contact.

Team game: Cone Serves

Players in teams of four, each player with a racquet. Each team has six cones. The cones are placed close together as a big target on the opposite side of the court from where they are serving. Each player takes a turn serving two balls using the underhand lob or forehand smash serve, trying to get the ball to hit the target.

Serves that hit over the service line and land in the opposite court behind the service line score one point toward the seven points of each game. Serves that hit the target win the game outright. The team with the highest number of games of seven points wins.

Cool Down

Each player stretches as high as they can and walks on tiptoe until the coach says "freeze."

Homework

Hot Hopping. Put 10 markers on the ground with a space about 2 feet between them. Try to hop on one leg around the markers as fast as you can, making sure you keep your balance. You can change legs. It helps to keep your head up and eyes forward.

Mini Squash: Practice 3

Receiving the Serve

Court Size: Full size

Session Length: 60 minutes

Objective

To learn to receive and return the serve

Warm-up

Knee bending. Players in a line, facing the coach. Players jog forward for 10 steps, touch the ground with both hands by bending the knees (not bending at the waist), then jog backward and touch the ground again. Repeat four times. Then do 10 side steps to the left and 10 to the right, each time touching ground but keeping the trunk upright.

Throw and catch. Two players with one ball between them throw and catch underhand to each other while moving. Repeat with overhand throw.

AGILITY

Figure 8. Each player with two cones placed about 4 feet apart. The player moves quickly around the cones forward, backward, sideways and in a figure 8 pattern.

REACTION SPEED

Signalling. Players in pairs facing each other. One signals with arms for partner to change direction-forward, backward, sideways. Player must change direction as quickly as possible after the signal without losing balance. Keep head up and eyes forward.

New Skill: Receiving the Serve – The Return

Receiving the ball. Show players the proper position on the court for trying to return the serve (Positioned halfway between service box and back wall, and approximately 1m from the side wall). Teach them the ready position-racquet held in front, in a vertical position, knees bent and eyes on the server. Show players how and where to return the ball (i.e., high on the front wall. Try to return the ball straight and tight down the side wall, with a forehand or backhand volley). Remind players to swing the racquet through the ball with the racket head going the way you want the ball to go.

COACHING TIPS

- The receiver needs to be in a good position on the court and in the ready position with the racquet held in front and the head at about shoulder height.
- Players need to practice returning on both the forehand and backhand sides.
- Players need to develop shorter swings for faster serves.
- Encourage the player to hit the return on the volley, as a good serve that is left to drop will usually result in a poor return.
- Keep the racket head going in the direction you want to hit the ball to go..
- Player needs to recover to the tee early in preparation for the next shot.
- Aim to hit high on the front wall. Stay square to the side wall, and try to return the ball straight.
- Concentrate on consistency of return and then accuracy of return.

Team Game: Serve and Return

Players in teams of four, each player with a racquet. Have one server (A1), one player waiting to serve (A2) and two receivers (B1 and B2). Each server serves two balls to each of the receivers. The ball must hit the front wall above the service line and land in the receiver's side of the court behind the service line to count as one point. Change servers and receivers. Add all points together for the team.

Cool Down

All players move slowly around the lines of the court, going from heel to toe with their feet. Progress to skipping slowly and then more rapidly.

Homework

Foot Skills. Put 10 markers on the ground with about 3 feet between them. Try to move in and out of the markers with a ball close to your feet. You must keep the ball close and you must not touch the marker with the ball. How far around can you get? How fast can you go? Can you do this with both feet?

Mini Squash: Practice 4

MOVING TOWARDS THE BALL TO VOLLEY

Court Size: Full size

Session Length: 60 minutes

Objective

To develop the volley.

Warm-up

Line Bounce. Each player with a ball, throwing the ball up, letting it bounce and then catching it while moving along all the lines of the court. Get players to bounce the ball and catch it while moving forward, backward and sideways along the lines.

Ball Passing. Players in pairs facing each other about 4 feet apart, throwing a ball between them. Add a second ball so they are throwing two balls between them.

REACTION SPEED

Ball Chase. Players stand beside each other, one player with a ball and one player with her back to the other. Player with the ball rolls it away for partner to chase and tells the partner when to turn around. The chaser tries to stop the ball before it finishes rolling.

COORDINATION

Ball Tap. Player places two balls on the ground and then taps each ball with alternate feet

Bounce double. Players try to bounce two balls at the same time.

New Skill: Developing the Volley

Show the players:

- Where to position themselves on the court to volley (preferably from the T).
- How to hold the racquet head up so that they can push the head towards the target, with a full follow through.
- The volley action in contrast to the drive with the volley, the racquet moves from a higher to a lower position and forward.
- Make sure players move forward as they volley.
- Recover to the T quickly
- **The Volley.** Players in threes, one as volleyer, one as feeder and one player to collect the balls. Make sure players change positions frequently. Show players how to toss the ball underhand for partner to volley. Make sure players:
 - volley with the racquet head up

COACHING TIPS

Remind players to start with the racquet head up for the volley.

- Try to hit the ball high, do not let it drop
- Move the racquet head forward towards the target, with full follow through
- Hit the ball out in front of the lead foot
- Turn shoulders toward the side wall
- Watch the ball closely

Team Game: Team Volley

Players in teams of four. One is a feeder on one side of the court with several balls, another is the scorer and others are hitters beginning on the opposite side of the centre line. The feeder serves one underhand and one smash serve. Each player has turns at volleying the two types of serve. The player scores a point for each ball that is hit straight down the wall and beyond the service line on their side of the court. Scorer calls out score for each player (ensure balls are tossed to the right place). Each team competes for highest score against all other teams on the other courts.

Cool Down

Players stand in a circle and take turns stretching in a different way and with a different part of the body. The other players copy and repeat the stretch.

Homework

Racquet Balance. Put two balls on your racquet and see how far and how fast you can run without them falling off.

Mini Squash: Practice 5

Consistency and Accuracy from the Back Court

Court Size: Full size

Session Length: 60 minutes

Objective

To develop consistent and accurate forehands and backhand shots from the back of the court.

Warm-up

Run using arms. Players run forward, and then backward and finally skip sideways at different speeds. Progress to having players swing their arms over their heads at the same time as they are skipping.

Skip and Change. Side skip, turning to face the other direction after every three steps.

SPEED

Around the cones. Players are positioned in pairs starting at the back of the court. Place a line of three cones 2 feet back from the front court and in front of each pair of players. Each player, in turn, runs from the back court and moves sideways in a figure 8 around the three cones before running back to the back court. When the players in the first line have returned to the back court, the second players can start. Repeat five times.

STRENGTH

Monster walks. Players take very long strides across the court, bending the knees to get low on each stride. Develop movement so that the players are twisting their bodies to one side and then the other at each stride. Make sure players twist to the side opposite to their front leg. Encourage players to keep their back straight.

Hopping. Hop on one foot to two feet, one foot to two feet up the length of court.

New Skill: Consistency and Accuracy from the Baseline

Consistency. Players in pairs, try to rally the ball to a point behind the service line on both the forehand and backhand sides.

Remind players:

- to swing the racquet from high to low and to hit the ball high and deep to the back of the court.
- to hit as many balls in a row as they can

Accuracy. Players in pairs, hitting balls to the front wall to try and hit one of three groups of cones placed about 3 feet from the back wall.

Once players achieve success, remove the cones and progress the practice so that players are trying to hit the ball away from their partner. Encourage players to recover back to the centre of the court (the T) after they hit each ball so they are ready to move to the next ball.

COACHING TIPS

Remind players to start with the racquet head up for the volley.

- The racquet swing on the forehand and backhand needs to be from high to low so the ball is hit high on the front wall to land deep in the back court.
- To hit the ball to the back court, the swing needs to be a longer swing with the player hitting the ball level with the front foot and with the shoulders square to the side wall.
- Players need to learn how hard to hit the ball to have it land deep in the back court,

Team Game: Square Scores

Two teams, four players on each team, with the two teams positioned on opposite sides of the court. Each player has a racquet and a ball. Place two groups of three cones near each back court as a target. The players take turns to drop a ball for themselves and hit it to the front wall, trying to hit the target. Every time a cone is hit, it is removed. When all the cones are removed, that team is the winner.

Cool Down

Players start with both feet together and then slowly step to one side and balance on one leg. Hold the balance. Players then put both feet on the ground, side step again, balance, put both feet on the ground, side step, balance on other leg, side step and balance. Repeat very slowly.

Homework

Keepie-Uppies. How many "keepie-uppies" can you do? The ball must go up in the air from your racquet and not touch the ground or your hand at all. Try to do at least 20 without stopping.

Mini Squash: Practice 6

Playing Shots in a Sequence

Court Size: Full size

Session Length: 60 minutes

Objective

To learn how to play a variety of shots in a sequence.

Warm Up

Jog hall. Players jog, throwing the ball up to bounce on the ground and then catch it with two hands. Progress to catching the ball with one hand and then with the other hand. Keep players moving all the time and keep changing direction.

Small and tall. Players start by making themselves as small as possible before stretching one part of the body as far as they can before curling up small again. Stretch at least 10 different parts of the body, taking turns to do one at a time.

REACTION SPEED

Jump rope. Change steps as coach calls out a different way of jumping rope. Players should jump rope forward, both feet together, alternate feet, backward and moving sideways.

Coordination and Rhythm

Kick butt. Run across court, flicking feet onto hands (placed behind back) on every second step (run, run, flick, run, run, flick, etc.). The goal is to develop rhythm and coordination.

New Skill: Learning to play Sequences of Shots

Consistency. Players in pairs, hitting as many balls in a row as possible to each other. Make sure the ball lands behind the service line, on both the forehand and backhand sides. Count the number of successful shots in a row.

Accuracy. Players are tasked with trying to hit the ball away from their partner in order to move their partner around the court. Aim for specific corners in the court.

Playing shots in groups. Group the players on three courts, each of which has one of the following shot sequences:

1. Serve and receive
2. Backhand to forehand
3. Volley to forehand

The players then move around the three courts so they can practice all three sequences.

The objective is to begin the process of players linking shots together. Players should practice hitting the shots for each group. Get players to count how many shots they can hit successfully in each group.

Playing shots in sequence. When all players have practiced all the different shots, they split into pairs and practice the following sequence:

- Serve (smash or underhand), return of serve, two ground strokes and then try to volley.

Players are working together to try and complete the sequence. As soon as two players have achieved the sequence, they find another partner and try the sequence again. Remind the players about being in the right position, watching the ball and trying to hit the ball well.

Team Game: Three Courts, Two Teams

Three courts, each with one player from each team on the same side of the court. Each player plays against a member of the opposite team. The players play serve, return, hit straight drives and volleys. Hitting a successful volley wins the point immediately for the team. The players also score a point for their team if they win the rally without a volley being hit. Add together all the points scored by each member of the team from all three courts. This game could be played for a set period of time to make it more competitive.

Cool Down

Put three or four players in a circle. Each one should take turns showing a different stretch and all players copy and repeat that stretch.

Homework

Uppies and Downies. Do "keepie-uppies," changing the side of the racquet between each tap. Can you get at least 25 without stopping? Try to tap the ball up in the air and down on the ground with the edge of the racquet. How many can you do of each? Which is easier?

Mini Squash: Practice 7

Learning How to Play and Score

Court Size: Full size

Session Length: 60 minutes

Objective

To learn how to play and score.

Warm Up

Feet ball. Players in pairs with two balls on the ground between them. They must keep the balls going backward and forward between them, but only with their feet,

SPEED

Around the cones. Players in pairs, starting from the back of the court. Place a line of three cones 2 feet back from the front wall and in front of each pair of players. Each player, in turn, runs from the back of the court and moves sideways in a figure 8 around the three cones before running back to the back wall. When the players in the first line have returned to the back wall, the second players can start. Repeat five times.

COORDINATION AND RYTHM

Kick Butt. Start players in a line along the back wall. Place hands behind back (on butt). Players run slowly and kick heels up behind them alternately to touch their hands. Run from one side of the court to the other and back several times.

New Skill: Learning How to Play and Score

Playing the game. Show the playing of a point and review the sequence of shots with the serve, return, forehands and backhands and perhaps approach shots and volleys. Show the players their playing area (if necessary play on half courts) and let them start to play.

- Start with the serve, return and then rally.
- Show and explain how a point is scored-when the ball is out or in.
- Remind players where they should position themselves to serve and receive and play the rally (back to the centre of the court i.e. the T and the ready position, etc.).

Scoring

- Start the players playing points by giving each player a line of seven cones and a ball.
- Each time the player scores a point, they move the ball up to the next cone and call out the score. (This could also be done by putting the players in pairs with one as the player and the other as the scorer.)
- Use point-a-rally scoring to seven points.
- First server serves two points and then the opponent serves two points. Each time the point is played out, the player/scorer moves the ball along the cones.
- Use the rules of squash from the start so the players learn them.
- If a separate scorer is used, alternate the players and the scorers

COACHING TIPS

- Show and explain the playing area, especially the service courts.
- Score to seven points. Make sure players understand how to score. The serve can be overhand or underhand.
- Include the spin of the racquet to start the game, teaching players simply to choose serve or the side of the court.

Team Game: Team Bounce

Teams of four players, each with a racquet. Start teams on one side of the court behind the service line. In front of the service line place a line of cones. Each team member races in turn across the court against the other team. Players with their racquet, must run to the first cone while bouncing the ball down on the ground. They then run to the second cone while bouncing the ball up in the air there and back. Set a number of different ways of moving-walk, monster steps, etc.-to vary the task. The winning team is the one that completes all moves before the other teams.

Cool Down

Put three or four players in a circle. Each one should take turns showing a different stretch and all players copy and repeat that stretch.

Homework

Sideways keepie-Uppies. Do "keepie-uppies," changing the side of the racquet between each tap. Can you get at least 20 without stopping? If you get really good, try and hit the ball with the edge of the racquet as well.

Mini Squash: Practice 8

Playing, Umpiring and Scoring

Court Size: Full size

Session Length: 60 minutes

Objective

To learn how to play, umpire and score.

Warm Up

Run and Jump. Players run for about 10 feet and then jump from one foot to land on two feet. Practice several times, trying to increase the distance between the jump and landing.

SPEED

Around the cones. Players in pairs starting from the back court. Place a line of three cones 2 feet back from the front wall and in front of each pair of players. Each player, in turn, runs from the back of the court and moves sideways in a figure 8 around the three cones before running back to the back wall. When the players in the first line have returned to the back wall, the second players can start. Repeat five times.

COORDINATION AND RYTHM

Split Steps. Practicing split steps to both feet. Players run forward and on the command 'split', each player splits steps and then moves forward to run again until the command "split" is repeated. Repeat, but players then move to one side after the split step.

Split and Go. Player moves forward, splits steps and immediately moves forward to catch the ball thrown by another player with both hands or one hand, in front or to the side of his body. Throw the ball and repeat.

New Skill: Playing, Umpiring and Scoring

Players in pairs playing points.

- Serve underhand or forehand smash, return and rally.
- Score to seven points, with each player serving for two points.
- Score to seven points, with each player serving for two points taking turns.
- Play two out of three games to seven points.
- Change the players so they play against different opponents.

Learning to Umpire

- Players in groups of three, two as players and one as the umpire.
- Each time the player scores a point, the umpire calls the score.
- Players take turns as umpire.

COACHING TIPS

- Make sure the players as well as umpires keep the score.
- Include the spin of the racquet to start the game – player chooses to serve.
- Help players with the basic rules as needed.

Team Game: Winning Players

Players in teams of two or three with every player having a racquet. Each rally must start with a serve by a player on one team against a player from the other team. The player who loses the point must join the winning team. Winners stay on court. The team with the most number of players at the end of the time is the winner.

Cool Down

All players move slowly around the lines of the court, going from heel to toe with their feet. Progress to skipping slowly and then more rapidly.

Homework

Up and Down. Do “keepie-uppies”, alternating each time between the ball hitting the ground and being hit up in the air. Can you get at least 20 without stopping? Can you do it while moving around?