

# SQUASH MAGIC

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# GO SQUASH



*SQUASH MAGIC and GO SQUASH*

*Present*

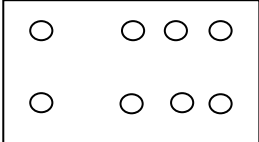
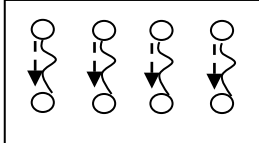
# INFLATABLE MINI-SQUASH COURT COACHING PROGRAMS



# PRE-PRIMARY-YEAR 1 LESSON PLAN

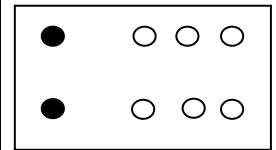
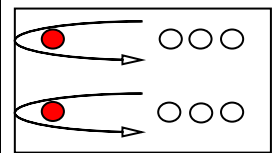
LESSON PLAN PP/YR 1	TIME	ACTIVITY
<b>WARM UP GAMES</b>	10 min	(importance of warm-up)
<ul style="list-style-type: none"> <li>Sharks and Sardines (Octopus)</li> <li>Follow the leader</li> </ul>		<p>1 Person is it. Students line up on one side of area and have to run to other side of area without getting caught. Those who get caught have to link arms with person it to make bigger shark. The shark must stay together when tagging.</p> <p>More fun exercises, introduce a ball each for hand eye co-ordination warm up</p>
<b>SKILL WARM UP</b>	10 min	
<ul style="list-style-type: none"> <li>Throw and Catch</li> <li>Bounce and catch</li> </ul>		<p>Split class into 2 lines, 1-2 metres apart, under arm throw and catch to their partner.</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 5px auto;"> </div> <p>Same as above but let the ball bounce before they catch it.</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 5px auto;"> </div>
<b>ACTIVITY</b>	20 min	
<ul style="list-style-type: none"> <li>Bounce and Hit</li> <li>Balloon Rally</li> <li>Optional Final Game (fun warm up game)</li> </ul>		<p>1 side is given Big Hands, partner bounce feeds, person with Big Hand hits back to their partner</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 5px auto;"> </div> <p>2 people per time on the court alternate shots trying to keep balloon off the ground.</p> <p>e.g tunnel ball, rob the birds nest</p>
<b>CONCLUSION</b>	5 min	How to get involved in squash, award prizes, sponsors gifts (stickers etc)
<b>EQUIPMENT</b>		Big hand gloves, big hand balls, Tape, Cones, Chalk
	<b>Total Time</b>	<b>45 min</b>

## YEAR 2-YEAR 3 LESSON PLAN

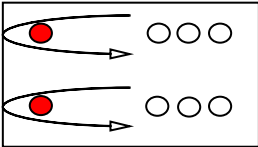
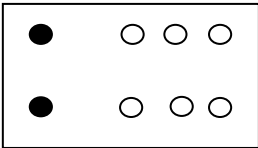
LESSON PLAN YR2/YR 3	TIME	ACTIVITY
<b>WARM UP GAMES</b>	10 min	(importance of warm-up)
<ul style="list-style-type: none"> <li>Toilet Tag</li> <li>Crabs, Crocodiles, Crunch, Crazy</li> </ul>		<p>1 person is 'it', tries to tag everyone, when tagged, sit on one knee with hand up, to be released into game, someone sits on their knee to 'flush the toilet'( people can't be tagged when 'sitting on the toilet'</p> <p>Coach calls 1 of 4 options, students that do the wrong thing are out (winner can receive a prize). Crabs (run left), Crocs (Run right), Crunch (sit down) Crazy (crazy on spot for 2sec)</p>
<b>SKILL WARM UP</b>	10 min	
<ul style="list-style-type: none"> <li>Bounce Relay</li> <li>Bounce and hit</li> </ul>		<p>2 teams line up, first person bounces ball on racket 5 times in a row, swaps with next person, first team finished wins</p> <p>Split class into 2 lines, 2-3 metres apart, under arm throw to their partner who hits back so they can catch</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div>
<b>ACTIVITY (on court)</b>	25 min	
<ul style="list-style-type: none"> <li>Straight Drive</li> <li>Serve and Return (Rally Practice)</li> <li>Longest Rally Challenge</li> </ul>		<p>2 people per time, bounce ball to self and aim for 'drive' target on front wall, hitting the ball back to themselves. 5 shots then swap.</p> <p>2 people at a time try to have a rally on the court. Keep rotating so each person gets a chance at serving and returning</p> <p>Class Challenge to see who can get the longest rally</p>
<b>CONCLUSION</b>	5 min	How to get involved in squash, award prizes, sponsors gifts (stickers etc)
<b>EQUIPMENT</b>		Mini Squash Rackets, big hand balls, Tape, Cones, Chalk
	<b>Total Time</b>	<b>50 min</b>

## YEAR 4-YEAR 5 LESSON PLAN

LESSON PLAN YR4/YR5	TIME	ACTIVITY
WARM UP GAMES	10 min	(importance of warm-up)
<ul style="list-style-type: none"> <li>• Aussie Tag</li>   <li>• Numbers</li> </ul>		<p>Groups of 5-6. 1 person is it, 1 person is being chased. Rest of the group links arms (form a 'wall') and try to protect the person being chased. If the person gets caught, they and the wall do penalties.</p> <p>Coach calls a number of body parts and students form groups of that number (creativity). Different running exercises in between</p>
SKILL WARM UP	15 min	
<ul style="list-style-type: none"> <li>• Balance Relay</li>   <li>• Team hits</li> </ul>		<p>2 teams line up; first person has to run up and around a cone, balancing the ball on their racket. If they drop the ball, they start again.</p> <p>Split class into 2 teams, coach and teacher stand a couple of metres away, bounce feed to students who try to hit ball back to coach. Students collect ball if coach misses. First team to get 15 catches</p>
ACTIVITY (on court)	30 min	
<ul style="list-style-type: none"> <li>• Straight Drive</li>   <li>• Serve and Return (Progresses to King Of Court Challenge)</li> </ul>		<p>2 people per time, bounce ball to self and aim for 'drive' target on front wall, hitting the ball back to themselves. 5 shots then swap.</p> <p>2 people at a time try to have a rally on the court. Keep rotating so each person gets a chance at serving and returning</p>
CONCLUSION	5 min	How to get involved in squash, award prizes, sponsors gifts (stickers etc)
EQUIPMENT		Mini Squash Rackets, big hand balls, Tape, Cones, Chalk
Total Time	60 min	



## YEAR 6-YEAR 7 LESSON PLAN

LESSON PLAN YR6/YR7	TIME	ACTIVITY
<b>WARM UP GAMES</b>	10 min	(importance of warm-up)
<ul style="list-style-type: none"> <li>Simon Says</li> <li>Movement Patterns</li> </ul>		<p>Coach calls out various warm-up exercises. If the students do the wrong thing then they do small penalties then return to the game.</p> <p>Short line Dashes, Side wall dashes, full court dashes, heel flicks, high knees etc</p>
<b>SKILL WARM UP</b>	10 min	
<ul style="list-style-type: none"> <li>Bounce Relay</li> <li>Team Hits</li> </ul>		<p>2 teams line up; first person has to run up and around a cone, bouncing the ball on their racket. If they drop the ball, they start again.</p> <p>Split class into 2 teams, coach and teacher stand a couple of metres away, bounce feed to students who try to hit ball back to coach. Students collect ball if coach misses. First team to get 15 catches</p>
		 
<b>ACTIVITY (on court)</b>	35 min	
<ul style="list-style-type: none"> <li>Straight Drive</li> <li>Serve and Return</li> <li>King Of Court Challenge</li> </ul>		<p>2 people per time bounce ball to self and aim for 'drive' target on front wall, hitting the ball back to themselves. 5 shots then swap.</p> <p>2 people at a time try to have a rally on the court. Keep rotating so each person gets a chance at serving and returning</p> <p>Normal squash rules apply, first person to win 10 points, (Champ boy and girl play off if 2 courts)</p>
<b>CONCLUSION</b>	5 min	How to get involved in squash, award prizes, sponsors gifts (stickers etc)
<b>EQUIPMENT</b>		Mini Squash Rackets, big hand balls, Tape, Cones, Chalk
	<b>Total Time</b>	<b>60 min</b>