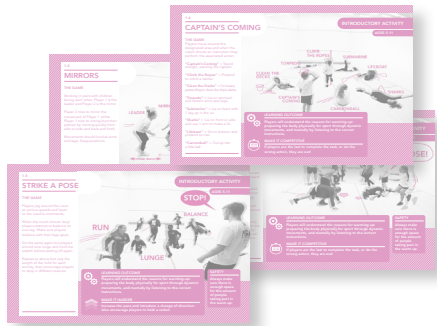


# HOW TO USE THE JUNIOR 101 ACTIVITY CARDS

Simply pick an activity from each section to create your Junior 101 session. You can even create a longer session by choosing several activities from each section, the choice is yours!

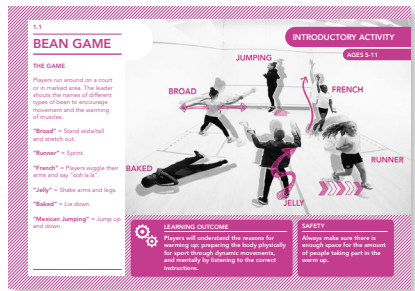
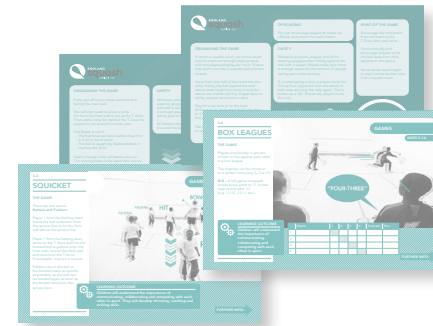
## INTRO ACTIVITY



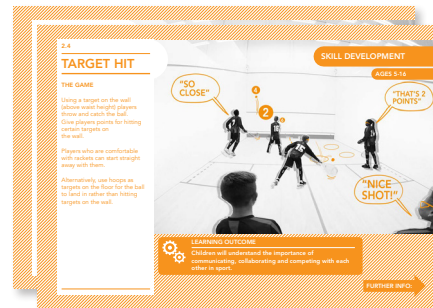
## SKILL DEVELOPMENT



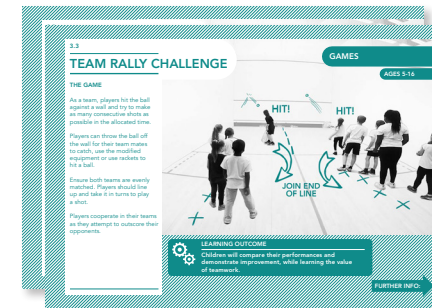
## GAMES



1 intro activity



2 skill development activities



2 games



**FUN AND ENGAGING JUNIOR 101 SESSION**

= approx. 50min session

2.8

## CATERPILLARS

### THE ACTIVITY

Teams of equal numbers compete against each other by passing the ball from racket to racket in their line, with the aim of reaching the other side of the hall, or a marked point.

The ball starts at the front of the line and is passed backwards until it reaches the last player. The last player then runs to the front of the line with the ball so the 'Caterpillar' keeps moving forwards. The player that has just run to the front then passes the ball backwards and the process is repeated.

If the ball is dropped, players quickly pick it up & continue.

The first team to reach the other side of the hall, or cross the marked point is the winner.

SKILL DEVELOPMENT

AGES 5-11



### LEARNING OUTCOME

Players take part in competitive games to improve teamwork skills whilst demonstrating improvement to achieve their personal best. They will develop communication and coordination skills.

FURTHER INFO: 

## ORGANISING THE ACTIVITY

Split players into teams of equal numbers. Mark a start point and an end point – this could be done with throw down lines, cones or just the hall itself.

Players have one racket each and one ball per team.

Each team lines up one behind another behind the start line.

The ball is passed from player to player by rolling the ball from one racket onto another.

After passing the ball, the last player runs to the front of the line to keep the 'Caterpillar' moving.

The first team to reach the end point, or do the highest number of passes wins.

## SPIRIT OF THE GAME

Encourage players to shake hands with the opposition team at the end of the activity.

Recognise and reward honesty and fair play.

## OFFICIATING

If you have an odd number of players, select one person to act as the official.

## SAFETY

Always make sure there is enough space for the number of people taking part in the activity.



## MAKE IT EASIER

Use a different size ball or let players use their hands and pass the ball to each other.



## MAKE IT HARDER

The last player runs with the ball balanced on their racket to the front of the line and restarts the 'Caterpillar' by passing the ball backwards as before.

Progress the game having each player complete a challenge before passing the ball.

e.g Bounce the ball 5 times on the racket, or sit down and stand up with the ball balanced on the racket.

2.9

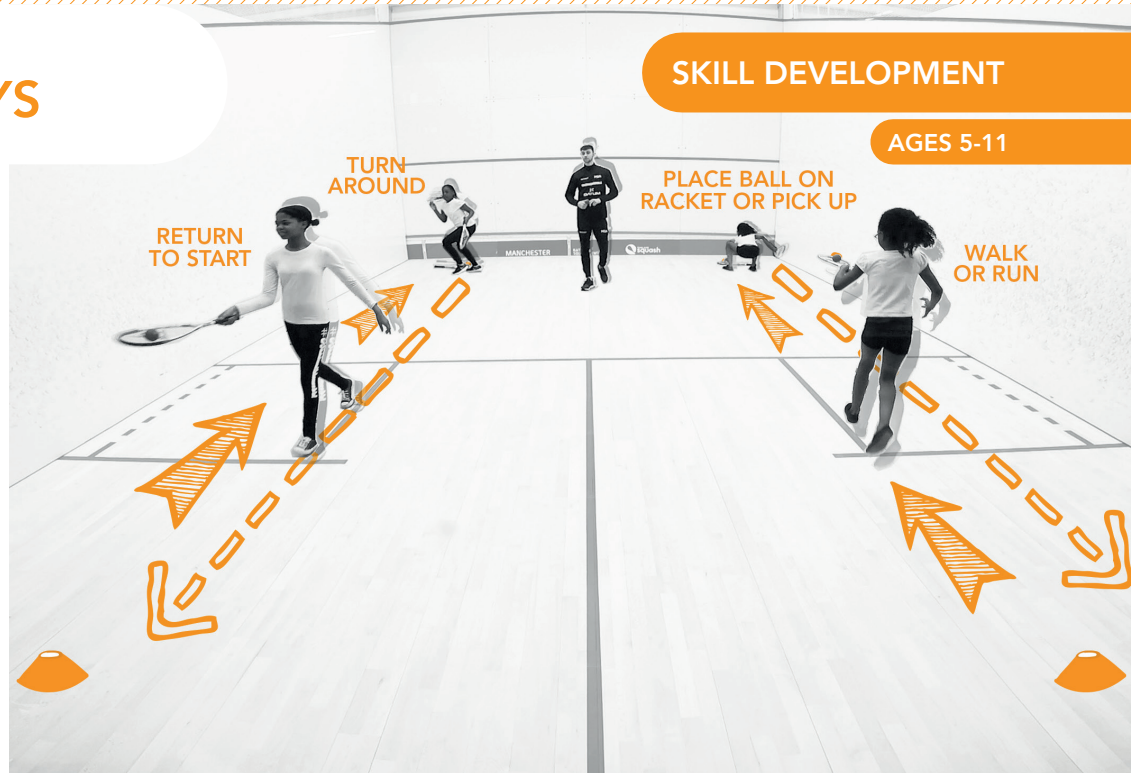
## RACKET RELAYS

### THE ACTIVITY

Teams of equal sizes compete in a variety of different relay activities. Place a racket on the floor by the front wall. Player 1 walks carrying a ball, places it on the racket and walks back to the end of the line. Player 2 then walks to the front wall, picks up the ball, walks back and passes the ball to Player 3 etc. This can also be completed by running.

### Alternative relays

- Players walk or run to the front wall balancing the ball on their racket.
- Players walk or run to the front wall, bounce the ball 4 times on their racket & run back.
- Players can continuously bounce the ball on their racket as they move towards the front wall.



SKILL DEVELOPMENT

AGES 5-11

### LEARNING OUTCOME

Players take part in competitive games to improve teamwork skills whilst demonstrating improvement to achieve their personal best. They will develop communication and coordination skills.

FURTHER INFO: 

### ORGANISING THE ACTIVITY

Split players into teams of equal numbers. Give each team one racket and one ball. Use throw down lines to mark the designated playing area.

Players take it in turns to finish the relay activity suggested. The first team to have all players finished & sat down wins.

### OFFICIATING

If you have an odd number of players, select one person to act as the official.

### SPIRIT OF THE GAME

Encourage players from each team to shake hands at the end of the activity.

Recognise and reward fair play and effort. highest score.

### SAFETY

Always make sure there is enough space for the number of people taking part in the activity. If obstacles are introduced, make sure they are not dangerous or trip hazards.



### MAKE IT HARDER

Add a number of obstacles to the route that players need to navigate around.

Add a set amount of racket bounces or straight volleys at the end of the relay.



### MAKE IT COMPETITIVE

The first team to complete the relay is the winner.

## SKILL LINK

This activity will enhance players' racket skills and encourage them to understand how to use the racket appropriately.

2.10

## FEEDER & HITTER

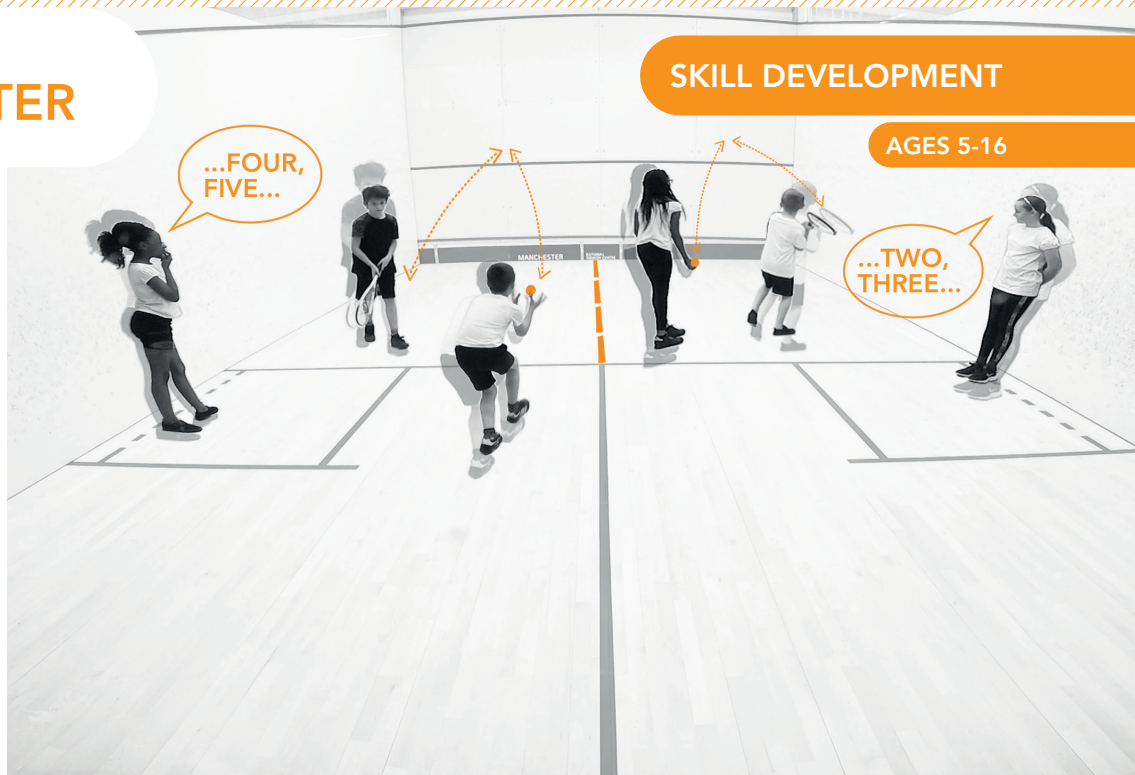
### THE ACTIVITY

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.



### LEARNING OUTCOME



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

FURTHER INFO: 

## ORGANISING THE ACTIVITY

Put players into groups of three.

One player is the feeder,

One player is the hitter,

One player is the counter.

Over a set time period, the counter keeps count of how many times the hitter hits the ball to the feeder.

Progress the activity by trying to get the hitter to hit it back towards the feeder and the feeder to catch it.

## SAFETY

Always make sure there is enough space for the number of people taking part in the activity.



### MAKE IT EASIER

If players can't complete the activity with a racket they can use modified equipment or use their hands as rackets.



### MAKE IT HARDER

Allow the feeder to use a racket as well and suggest areas to play the ball into.



### MAKE IT COMPETITIVE

The player or team that completes the highest number of successful shots wins.

## SKILL LINK

This activity encourages perception and striking skills, it will encourage players to use an open racket face close to the wall.

It will help players develop accuracy and weight of shot.

2.11

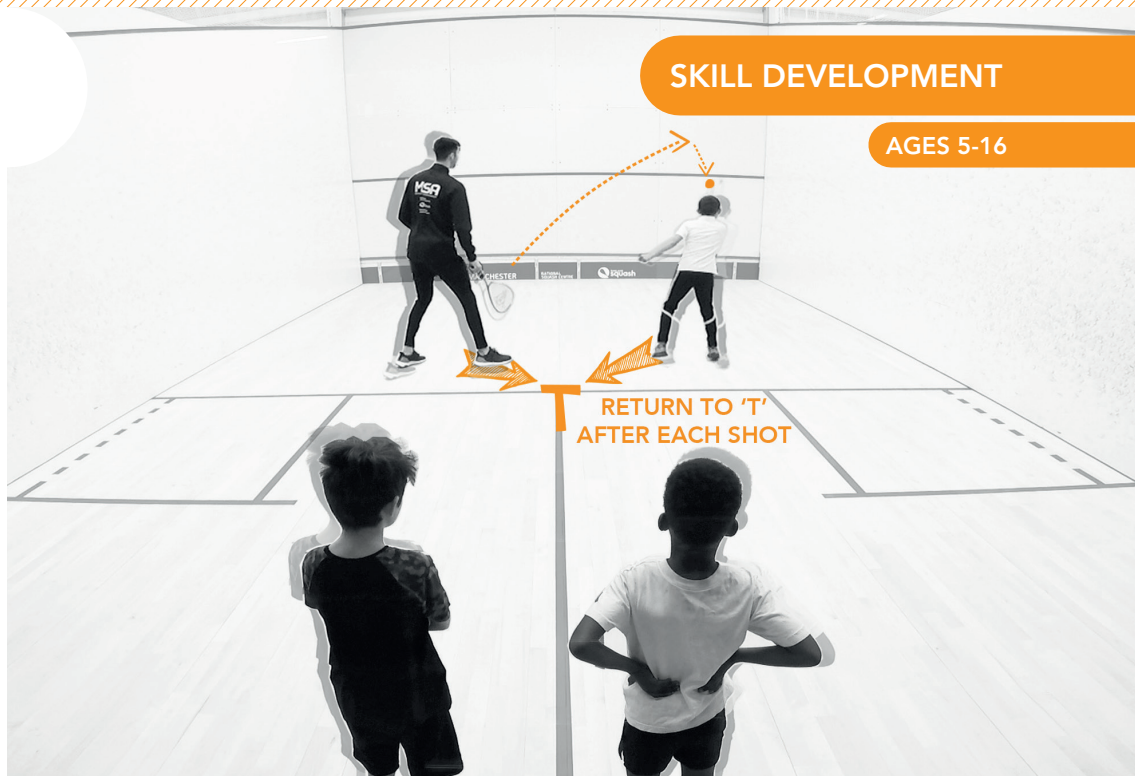
## T-ZONE

### THE ACTIVITY

Players play cooperatively against a wall and score points for returning to the T-Zone.

Players play a shot against the wall and then touch the T-Zone with their foot.

Each time a player places their foot on the T-Zone they score a point.



SKILL DEVELOPMENT

AGES 5-16

RETURN TO 'T'  
AFTER EACH SHOT



### LEARNING OUTCOME

Players can compare their performance with previous efforts and observe improvements to achieve their personal best.

Movement back to the T-Zone is a key tactic in squash.

FURTHER INFO: 



## ORGANISING THE ACTIVITY

Use throw down lines or cones to create enough courts for the number of players.

Use cones or spots to clearly define the T-Zone on a squash court.

Encourage players to play cooperatively, moving to the T-Zone after each shot, scoring points for their partnership.

## SAFETY

Always make sure there is enough space for the number of people taking part in the activity. Be careful of players slipping on cones.

## OFFICIATING

You can put players in groups of three and have a scorer.



## MAKE IT COMPETITIVE

Players score points for moving to the T-Zone, but get double points if they hit a winning shot AND move to the T-Zone.



## MAKE IT EASIER

Increase the amount of bounces allowed as part of the rally. If players struggle to rally, use throwing and catching.



## MAKE IT HARDER

Progress onto a different ball or move the T-Zone further back.

## SPIRIT OF THE GAME

Encourage players to shake hands after each match. Recognise and reward players that encourage their teammates.

## SKILL LINK

This activity encourages players to move around the court efficiently. Moving back to the T-Zone is a fundamental part of squash movement.

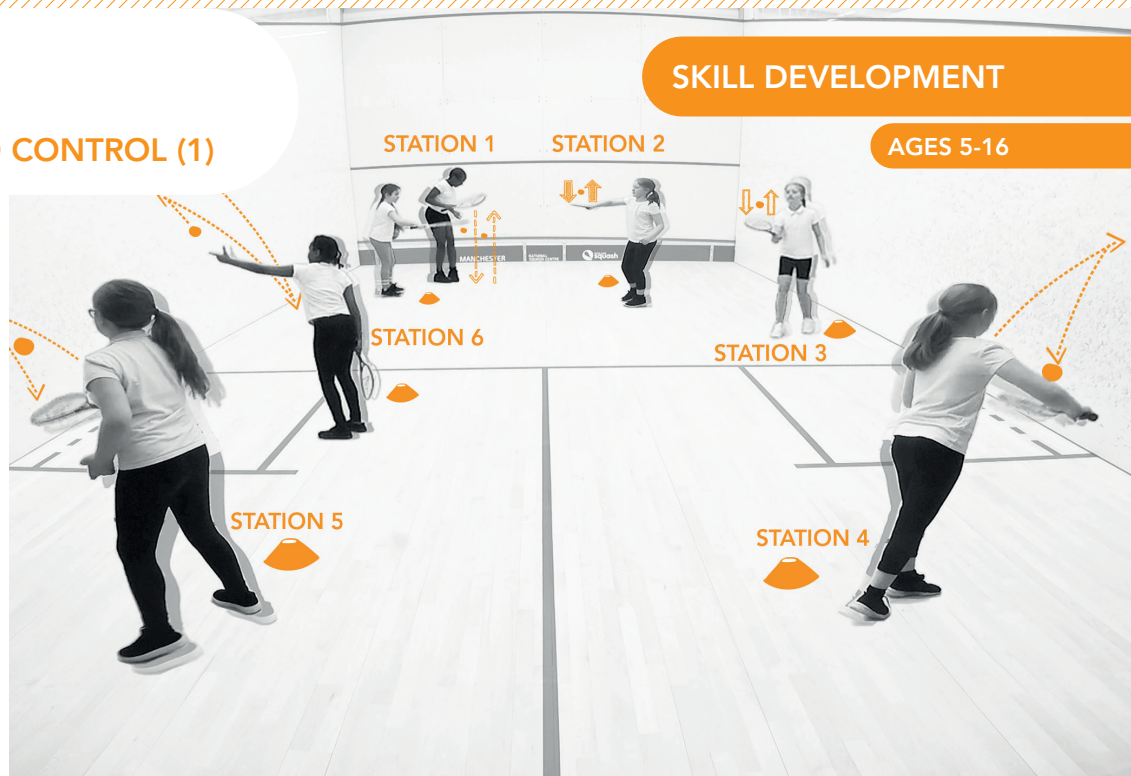
2.12

## SOLO RALLIES RACKET, BALL & HAND CONTROL (1)

### THE ACTIVITY

Individually, players should complete the solo skill circuit identified in 'Organising The Activity'.

Players should move around the circuit after two minutes at each station (one minute practice and one minute competition).



### LEARNING OUTCOME

Players can compare their performance with previous efforts and observe improvements to achieve their personal best.

This activity also encourages numeracy skills.

FURTHER INFO: 

## ORGANISING THE ACTIVITY

Provide players with enough space for 6 stations (each station can be set up twice to accommodate a large playing group).

**Station 1** – Bounce the ball on the floor using a racket.

**Station 2** – Backhand tap ups with racket (back of hand facing up when hitting ball).

**Station 3** – Forehand tap ups with ½ spin of the racket (back of hand facing down when hitting ball).

**Station 4** – Backhand throw (with player's spare hand), hit, catch.

**Station 5** – Forehand volley, changing hand position each shot.

**Station 6** – Forehand throw (with player's spare hand), hit, catch.

After 2 minutes move to the next activity.

## SPIRIT OF THE GAME

Encourage players to concentrate during the one minute practice to get the technique of each shot correct, the skills developed here are needed in the full game.

## OFFICIATING

Players could work in pairs and count their partner's score.

## SAFETY

Always make sure there is enough space for the number of people taking part in the activity.



## MAKE IT EASIER

Change the ball or if players can't complete the activity with a racket they can use their hands as rackets.



## MAKE IT COMPETITIVE

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

## SKILL LINK

This game encourages and improves the accuracy of a player's hand eye coordination whilst developing individual competition skills.

2.13

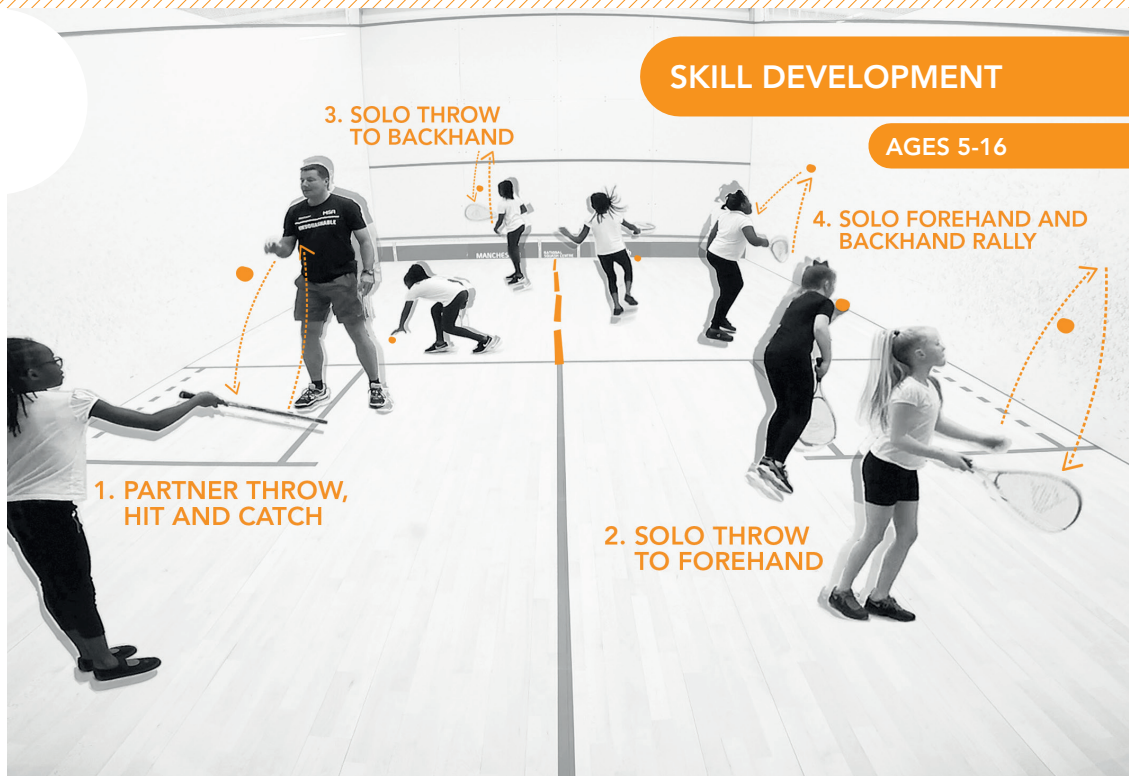
## SOLO RALLIES VOLLEYS

### THE ACTIVITY

In pairs, each player should complete the solo skill circuit identified in 'Organising The Activity'.

Pairs should move on to the next activity after each player has had a chance to practice and compete (e.g. one minute practice and one minute competition).

Because these activities are progressive, it is best for each pair to do the activities in order, 1 through to 4.



SKILL DEVELOPMENT

AGES 5-16



### LEARNING OUTCOME

Players can compare their performance with previous efforts and observe improvements to achieve their personal best.

This activity also encourages numeracy skills.

FURTHER INFO: 

## ORGANISING THE ACTIVITY

Provide players with enough space for one 'court' per pair, use throw down lines to mark off each court (multiple courts will be needed to accommodate a large group).

**Station 1.** Player 1 throws the ball underarm to player 2 who volleys the ball with the racket back to player 2 who catches it. Give players 1 minute each for this activity.

**Station 2.** As above but players throw the ball to themselves with their spare hand, forehand volley the ball back to themselves and catch the ball.

**Station 3.** As above but backhand.

**Station 4.** Alternate forehand and backhand volleys with or without a catch (depending on the level of each player).

After each player has recorded a score, move on to the next activity.

## SPIRIT OF THE GAME

Encourage players to concentrate during the one minute practice to get the technique of each shot correct, the skills developed here are needed in the full game. Players within a pair should support each other whilst competing to get the highest score.

## OFFICIATING

Players work in pairs and count their partner's score.

## SAFETY

Always make sure there is enough space for the number of people taking part in the activity.



## MAKE IT EASIER

Change the ball or if players can't complete the activity with a racket they can use their hands as rackets.



## MAKE IT COMPETITIVE

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

## SKILL LINK

This game improves players' hand eye coordination whilst developing individual competition skills.

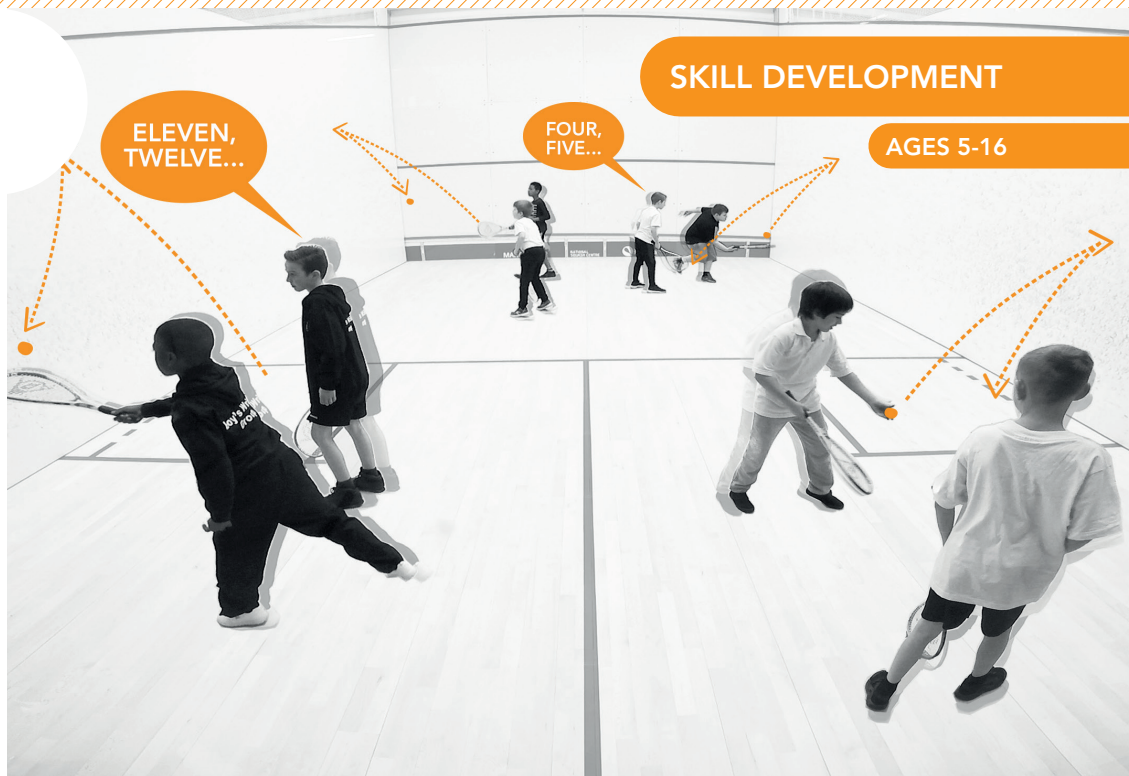
2.14

## PAIR RALLIES COOPERATIVE

### THE ACTIVITY

Players can throw the ball off the wall for their partner to catch, or both can use rackets to rally together.

Players should play cooperatively trying to score as many shots per rally as possible.



### LEARNING OUTCOME

Players can compare their performance with previous efforts and observe improvements to achieve their personal best.

This activity also encourages numeracy skills.

FURTHER INFO: 

### ORGANISING THE ACTIVITY

Set up enough courts with wall space for the size of group you have.

Split players into pairs and encourage them to work together.

Time the rallies and see how many continuous shots each pair can complete. If they make a mistake, they should start again from zero.

If using rackets, encourage players to try different shots including backhand and forehand.

### SPIRIT OF THE GAME

Encourage players to concentrate on their technique and on making it easy for their partner to return the ball.

### SAFETY

Always make sure there is enough space for the number of people taking part in the activity.



### MAKE IT EASIER

Change the ball or if players can't complete the activity with a racket they can use modified equipment or use their hands as rackets.



### MAKE IT COMPETITIVE

Create a competition to see which players can score the most points in a set amount of time.

### SKILL LINK

This game improves players' hand eye coordination whilst developing teamwork skills.