



# Squash for SGOs

PRIMARY

## What's unique about Squash

Squash is a fast-paced and highly adaptable sport that combines tactical thinking, movement, and creativity within an engaging individual and team environment. Its dynamic nature encourages every player to develop confidence, resilience, communication, and decision-making while experiencing regular opportunities for success. With flexible formats, adaptable spaces, and minimal equipment required, squash can be delivered in schools, community venues, and non-traditional environments, making it accessible and inclusive for a wide range of young people. This versatility not only develops physical literacy and athletic skills, but also supports confidence, motivation, leadership, and positive social connection through enjoyable and achievable experiences.

## What is the intent of your format



Develop confidence and competence within physical activity/sport skills



Improve knowledge and understanding of sport and physical activity



Engage new/target groups of young people (tackling inequalities)

Squash is a fast-paced and engaging sport where quick thinking, movement, and tactical awareness combine in every rally. Its dynamic nature encourages players to develop resilience, confidence, and decision-making while experiencing regular opportunities for success.

Squash naturally supports communication, respect, and self-management, helping young people build positive relationships and work collaboratively in both individual and team environments. Through enjoyable and achievable challenges, young people can develop leadership, perseverance, and confidence while building a lifelong connection with physical activity.

With flexible formats, adaptable spaces, and minimal equipment required, squash provides an inclusive and accessible opportunity to engage a wide range of young people, including those who may be less active or less engaged in traditional team sports. The sport encourages respect, teamwork, determination, and positive social connection while creating regular opportunities for success that help build confidence, motivation, and lifelong engagement in physical activity.

## Target group benefits



All young people



Girls

Squash is fast-paced, accessible, and highly adaptable, making it appealing to a wide range of young people. It can be delivered in schools, community venues, and non-traditional spaces, helping young people experience a sport that is inclusive, engaging, and easy to access. The game is simple enough for beginners to enjoy while offering opportunities to develop skill, creativity, tactical awareness, and resilience over time. Squash encourages respect, communication, and teamwork while creating regular opportunities for success that help build confidence, perseverance, and motivation.

## It's just not squash if you...

1

Don't move and recover after shots!

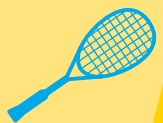
2

Don't use the walls to create space!

3

Don't think ahead to find different ways to score!





### How to run inter-competition: Racket and Ball skills Festival



#### How to set up

- Using the resource cards, choose which activities you want to set up
- Review the kit list and set up the stations as shown on the activity card
- Decide if you want participants to work individually, or in teams, spending 10 minutes at each station
- Ensure players rotate around the stations until they return to their starting station.



#### Age group

KS2 (7-11 years old)



#### Gender

Mixed



#### Participant numbers

- Maximum 25
- Either in pairs or groups of 4 players.



#### Target audience

- Less active, or disengaged young people
- Squash offers something different and often appeals to young people who may not typically engage with traditional team sports.



#### Benefits for YP

Young people will:

- Have fun and enjoy themselves
- Become more determined and demonstrate resilience
- Understand and demonstrate the importance of respect for others
- Experience being part of a team and understand your contribution to it
- Win with pride and lose with grace
- Learn the importance of practice and preparation
- Aspire to improve and challenge themselves.



#### Roles for YP

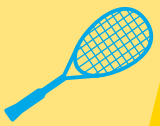
Young people can:

- Explain the format to players
- Referee/keep score
- Help the organiser with timekeeping
- Be team leaders.



#### Progression

- England Squash's 'Ready, Set, Squash' programme encourages progression from a skills festival to competition on a school site, before finding a local squash club
- Young people showing interest should be encouraged to seek out a Squash Stars programme.



### How to run inter-competition: Squash Games



#### How to set up

- Using the resource cards, choose which games you will be delivering
- Review the kit list and set up the area for the games as shown on the cards
- Based on numbers, decide on teams and allocate young people to them
- Allocate timings for each game based on the time available. Activities can be adapted through rule or focus changes to extend gameplay
- Remember to allow time for the participants to practice before starting the game
- The game finishes when the allocated time ends or the objective has been achieved.



#### Age group

KS2 (7-11 years old)



#### Gender

Mixed



#### Participant numbers

- Teams of 4 to 5 players per team.
- Max 5 teams, with one team per station.



#### Target audience

- Less active or disengaged young people



#### Benefits for YP

Young people will:

- Have fun and enjoy themselves
- Become more determined and demonstrate resilience
- Understand and demonstrate the importance of respect for others
- Learn to develop self-control and manage emotions
- Experience being part of a team and understand your contribution to it
- Win with pride and lose with grace
- Learn the importance of practice and preparation
- Learn how to set realistic goals and work towards achieving them
- Aspire to improve and challenge themselves.



#### Roles for YP

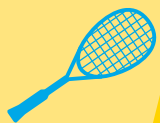
Young people can:

- Referee/score
- Help the organiser with timekeeping
- Be team leaders.



#### Progression

- Link up with local squash clubs and coaches to support next steps, England Squash can help you connect with them
- Next steps would be Squash Stars, club sessions, and junior sanctioned events.



### Additional support

Squash is a fully inclusive sport. To support you to adapt your practice, check out the [SEND Inclusion Toolkit](#) co-created by YST and the National Disability Sports Organisations (NDSOs) who are the leading experts within inclusive sport. They provide advice, support, and opportunities for people of all ages with specific impairments. [The toolkit](#) provides you with an introduction to each Special Educational Needs and Disability, key top tips for creating an inclusive environment and signposting to further training and development opportunities within each NDSO. It will help you adapt any practice in addition to our suggestions to make it inclusive for all.

### Physical Literacy

We have designed these formats with physical literacy at their heart. We want all young people to have a positive experience with physical activity from an early age. As far as possible, we've considered opportunities for young people to move, think, feel and connect through our activities, and given you suggestions to make adaptations. But, if they don't work for you and your young people, then use the THRIVE principle to remove barriers, make changes and give ownership to your young people to have a positive experience with the activities to see their true value.

For further support, look to the Physical Literacy Enactment Guide - Community, which can be found by [clicking here](#), and going to the "Getting Started" guide section to download it.

### NGB regional contacts

- For queries about school squash or school games please contact [readysetsquash@englandsquash.com](mailto:readysetsquash@englandsquash.com). The team can help you with your school games offer or help identify opportunities for young people to engage further within the sport.

### Personal development

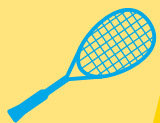
- Our Squash Stars Game Changer course equips you with the skills to lead fun, beginner-friendly squash sessions. Find out more by clicking [this link](#)
- Community Development Coach - this course is ideal if you're focused on growing the game at grassroots level and working with diverse groups in the community. Find out more by clicking [this link](#)
- Always wanted to get to grips with the rules of the game, the mechanics, and feel confident in officiating? Our multi-level officiating courses cover all you need to know! Find out more by clicking [this link](#).

### Where to participate next?

- Squash Stars sessions for 5 to 9 years olds can be found by clicking [here](#)
- The Squash clubs and venues finder tool can be found by clicking on [this link](#)
- Want to find out where you can turn up and play?  
A list of Squash sessions can be [found here](#).

### Where to compete next?

- Squash clubs and counties host events throughout the squash season where young people can test their skills against other young people. There are also sanctioned events that contribute to national rankings. These events offer young players the excitement of organised high-quality competition, making it easier to develop skills, build friendships, and experience the energy of a real game-day atmosphere. Squash clubs can be found by clicking on [this link](#).



### Why Squash for your school?

Squash is a fast-paced, inclusive sport that can be adapted for all ages, abilities, and environments. With minimal equipment and flexible playing spaces, it offers schools an accessible way to keep young people active, engaged, and motivated. Squash develops movement skills, resilience, teamwork, and confidence while creating positive experiences through fun and achievable activities. Whether delivered in PE, enrichment, or competition formats, squash provides an exciting alternative that supports physical literacy and lifelong participation in sport.

### How to use activities in curriculum time

Ready, Set, Squash is England Squash's readymade schools programme. It includes session plans and classroom worksheets to engage young people in the sport. Each of the activities in the programme come with options to make the activity harder or easier based on how your class are progressing with the activities.

Ready, Set, Squash is designed to provide a great first experience to the sport in a fun, safe and engaging atmosphere.

Complete our Ready, Set, Squash training to access all the resources, [available here](#).

### Additional support

Squash is a fully inclusive sport. To support you to adapt your practice, check out the [SEND Inclusion Toolkit](#) co-created by YST and the National Disability Sports Organisations (NDSOs) who are the leading experts within inclusive sport. They provide advice, support, and opportunities for people of all ages with specific impairments. [The toolkit](#) provides you with an introduction to each Special Educational Needs and Disability, key top tips for creating an inclusive environment and signposting to further training and development opportunities within each NDSO. It will help you adapt any practice in addition to our suggestions to make it inclusive for all.

We want SGOs to feel supported in delivering local activity. England Squash offers a range of courses, training opportunities and face to face workshops. This information can be found on the [England Squash website](#).

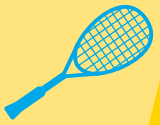
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Thrive isn't a checklist – it's a lens to help you sense check quality and inclusion, so consider the following when choosing which format to deliver and how it supports your young people to have a positive experience with physical activity:

- **TAILORED:** does your event support the needs, strengths and circumstances of the group?
- **HOLISTIC:** do the selected activities support young people to move, connect, think and feel?
- **REFLECTIVE:** have you built in time to allow young people to reflect on their engagement and to make choices about what they want to take part in next?
- **INCLUSIVE:** does your event support all young people to engage, feel welcome and included to take part?
- **VARIED:** have you planned for activity differentiation with equipment, space, task and outcome to provide appropriate challenge and maintain interest for all?
- **EMPOWERING:** have you consulted your young people to ask what they want to do, and how they want the event to run? Often, they create better rules and adaptations than we do, which gives them ownership and a positive experience.

For further support, look to the Physical Literacy Enactment Guide - Education, which can be found by [clicking here](#), and going to the "Getting Started" guide section to download it.



### Personal development

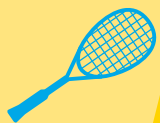
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### How to run intra-competition: Racket and Ball skills Festival



#### How to set up

- Decide which activities from the skills festival you are going to deliver
- Using equipment, set up the zones for each of the activities
- Use the resource cards to remind students of the activity at the station
- You can run the stations so individuals can practise and develop their skills or work together or compete against each other in teams or pairs.



#### Age group

KS2 (7-11 years old)



#### Gender

Mixed



#### Participant numbers

- 4 to 5 participants per station, but this can be flexible depending on space or equipment available.



#### Target audience

- Less active, or disengaged young people
- Squash offers something different and often appeals to young people who may not typically engage with traditional team sports.



#### Benefits for YP

Young people will:

- Have fun and enjoy themselves
- Become more determined and demonstrate resilience
- Understand and demonstrate the importance of respect for others
- Learn to develop self-control and manage emotions
- Learn the importance of practice and preparation
- Learn how to set realistic goals and work towards achieving them
- Aspire to improve and challenge themselves.



#### Roles for YP

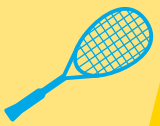
Young people can:

- Explain the format to players
- Referee or keep score
- Help the organiser with timekeeping
- Be team leaders
- Set up the stations.



#### Progression

- England Squash's 'Ready, Set, Squash' is an adaptable six-week programme that primary schools can use to help young people develop their skills before a competition
- Contact your local SGO to enquire about local inter-competition opportunities.



### How to run intra-competition: Squash Games



#### How to set up

- Decide which activities from the skills festival you are going to deliver
- Using equipment, set up the zones for each of the activities
- Use the resource cards to remind students of the activity at the station
- Use a timer to allow participants time to practice before starting to compete
- Collect the scores/points from each individual to add to their team score.



#### Age group

KS2 (7-11 years old)



#### Gender

Mixed



#### Participant numbers

- Based on 5 activity stations and a minimum of 4 members per team. 20 people can take part.



#### Target audience

- For all (but great for new or less active young people)
- The stations can have participants of different abilities doing the same activity at the same time.



#### Benefits for YP

Young people will:

- Have fun and enjoy themselves
- Become more determined and demonstrate resilience
- Understand and demonstrate the importance of respect for others
- Learn to develop self-control and manage emotions
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#### Roles for YP

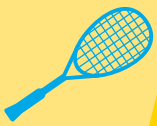
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- Be team leaders
- Set up the stations.



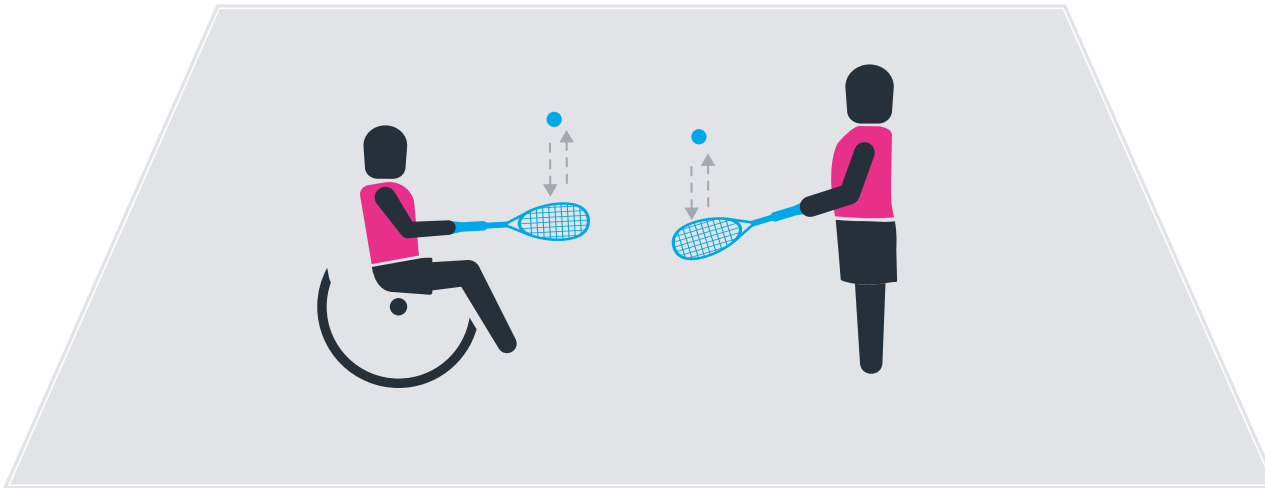
#### Progression

- Host extracurricular provision to practice skills
- Contact your local SGO to enquire about local inter-competition opportunities
- Link up with local squash clubs and coaches to support your school, England Squash can help you connect with them.



# Skill Festival: Keepie Uppies

PRIMARY



## How to make it easier

- Alternate between bouncing the ball on the racquet and the floor

## How to make it harder

- Swap to bounce on backhand
- Alternate between one bounce on forehand, one bounce on backhand

## Spirit of the Games



- Did your score improve between attempts?
- How did you challenge yourself to improve your score?



- How did you feel when you bettered your score?
- How can believing in yourself help you improve?

## How to play

- Individually, bounce a ball up and down on a racket
- Aim to keep the ball bouncing on the racket
- Count how many times you can bounce the ball without dropping it.

## Safety

- Ensure players remain aware of others when moving and swinging rackets
- Maintain clear space between playing areas and active rallies
- Remind players to retrieve balls safely and stay aware of surrounding activity.

## Equipment required

- Squash rackets
- Squash balls

## Space required

- Use a space with enough room between players to allow safe movement and racket swings
- Players should work within one-quarter of the squash court, allowing up to two activities to take place on one court using opposite corners.

## Estimated set-up time

- 5 minutes.

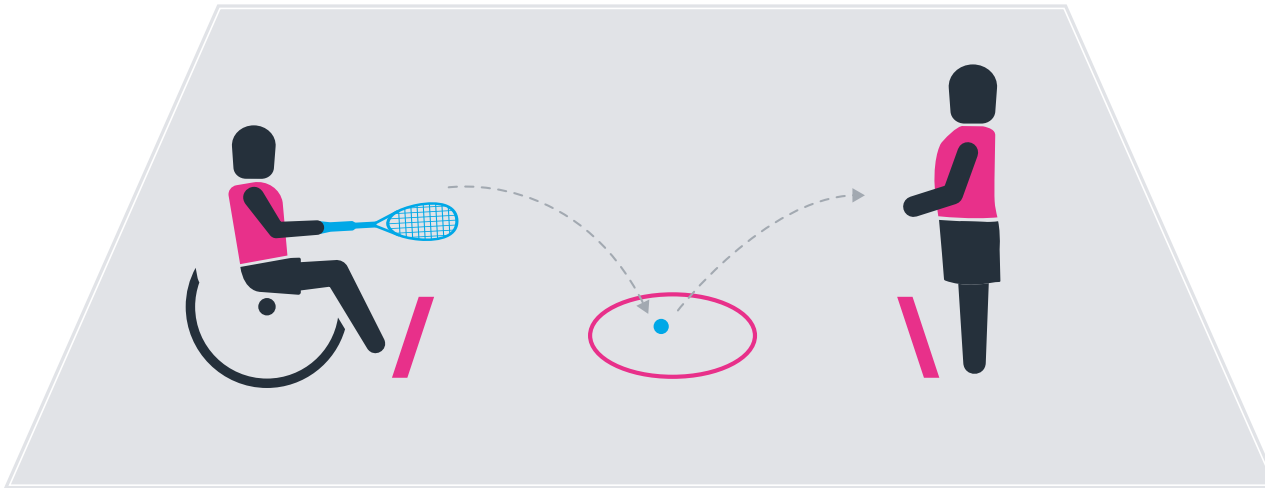
## Difficulty level





# Skill Festival: Bullseye

PRIMARY



## How to make it easier

- Increase the circle size
- Decrease the distance between the players and the circle

## How to make it harder

- Run on the spot or bounce up and down whilst playing
- Decrease the circle size
- Increase the distance between the players and the circle
- Use a bouncer ball





## How to play

- In pairs, players place a target on the floor between them and stand opposite each other behind a throwdown line, about a metre either side of the target
- Player 1 uses their racket to bounce the ball into the centre of the target, aiming for their partner to catch it
- Player 2 repeats the exercise but without a racket
- Once player 1 has hit the ball three times into the target, they swap roles and player 2 has the racket
- After doing this 3 times each, both move further away from the target and repeat the exercise.

## Safety

- Indoor or outdoor space with enough room between players to allow safe movement and racket swings.

## Equipment required

-  Squash rackets
-  Squash balls
-  Hoops
-  Throw down lines

## Space required

- Use a space with enough room between players to allow safe movement and racket swings
- Players should work within one-quarter of the squash court, allowing up to two activities to take place on one court using opposite corners.

## Estimated set-up time

- 5 minutes.

## Difficulty level



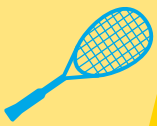
## Spirit of the Games



- How can you support a teammate who is struggling with the exercise?
- What made someone a good teammate today?

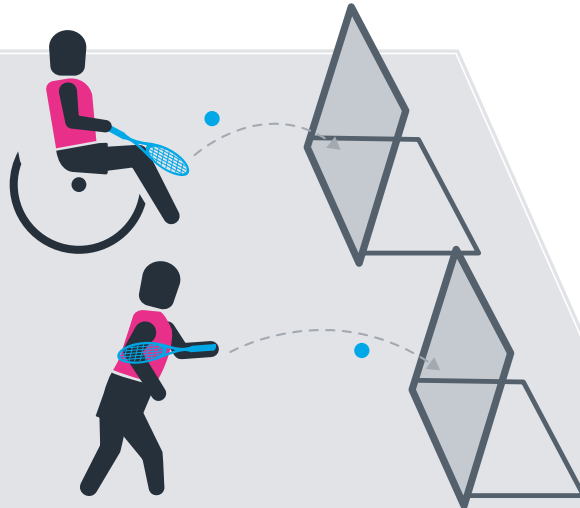


- How can you demonstrate respect towards your opponent during competitive rallies?
- How can positive communication improve the experience for everyone involved?



# Skill Festival: Solo Rallies

PRIMARY






## How to play

- Players hit a ball back and forth to themselves against a wall
- Aim to get five shots using the forehand
- Then swap to do five using backhand
- The ball can only bounce once before the player must hit it.

## Safety

- Ensure players remain aware of others when moving and swinging rackets
- Maintain clear space between playing areas and active rallies
- Remind players to retrieve balls safely and stay aware of surrounding activity.

## Equipment required

-  Squash rackets
-  Squash balls
-  Rebound Wall or wall surface

## Space required

- Indoor or outdoor space with enough room between players to allow safe movement and racket swings.

## Estimated set-up time

- 10 minutes.

## Difficulty level



## How to make it easier

- Allow two bounces before returning the ball

## How to make it harder

- Increase shot speed while maintaining control and accuracy
- Switch to a smaller ball
- Move further away from the wall

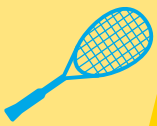
## Spirit of the Games



- What do you do if you are struggling with the activity?
- How do you challenge yourself to improve your hitting?

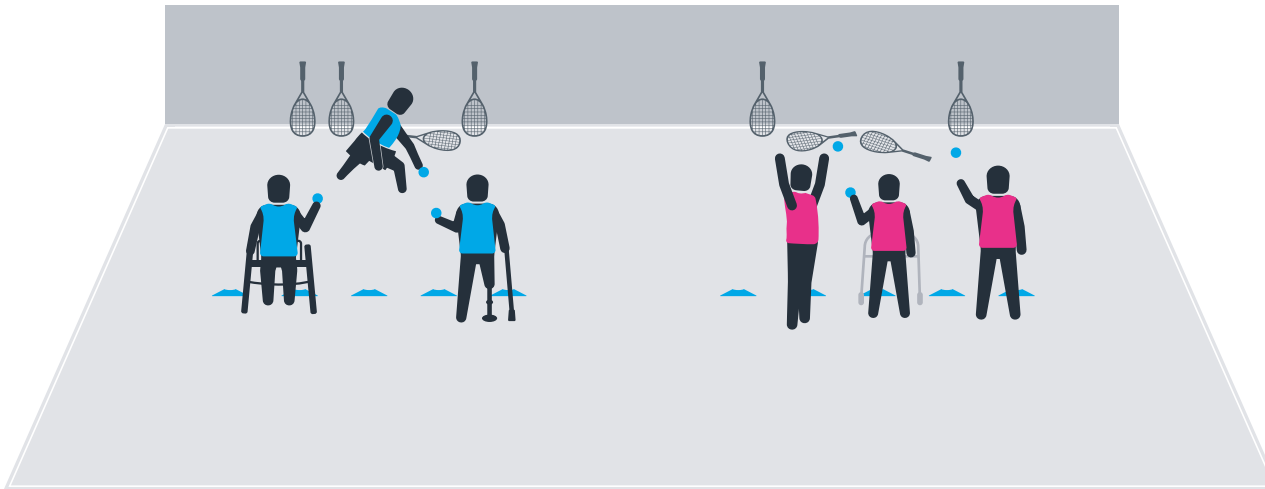


- How did believing in yourself help you improve?
- How do you feel when you achieve a goal?



# Skill Festival: Knock down

PRIMARY



## How to make it easier

- Use a bigger ball
- Moving the line of cones players are stood behind closer to the wall

## How to make it harder

- Use a smaller ball
- Move the line of cones players are stood behind further away from the wall

## Spirit of the Games



- What helped you stay confident when practising a new skill?
- How can positive self-talk improve performance?



- Did you have a positive experience playing the activity?
- How can you behave during the activity?




## How to play

- Equally split the group into teams
- Line them up behind a line of cones facing different walls
- Against the wall there will be rackets stood up leaning against the wall
- Make sure all groups have the same number of rackets in front of them
- Starting with a ball each, the aim is to throw the ball at the racket to knock them down
- Players can retrieve a ball to keep throwing until the rackets are down
- The team who knocks down all their rackets first wins.

## Safety

- Ensure players remain aware of others when moving and swinging rackets
- Maintain clear space between playing areas and active rallies
- Remind players to retrieve balls safely and stay aware of surrounding activity.

## Equipment required

-  Squash rackets
-  Squash balls
-  Cones

## Space required

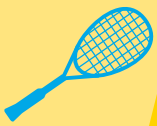
- Indoor or outdoor space with enough room between players to allow safe movement and racket swings.

## Estimated set-up time

- 5 minutes.

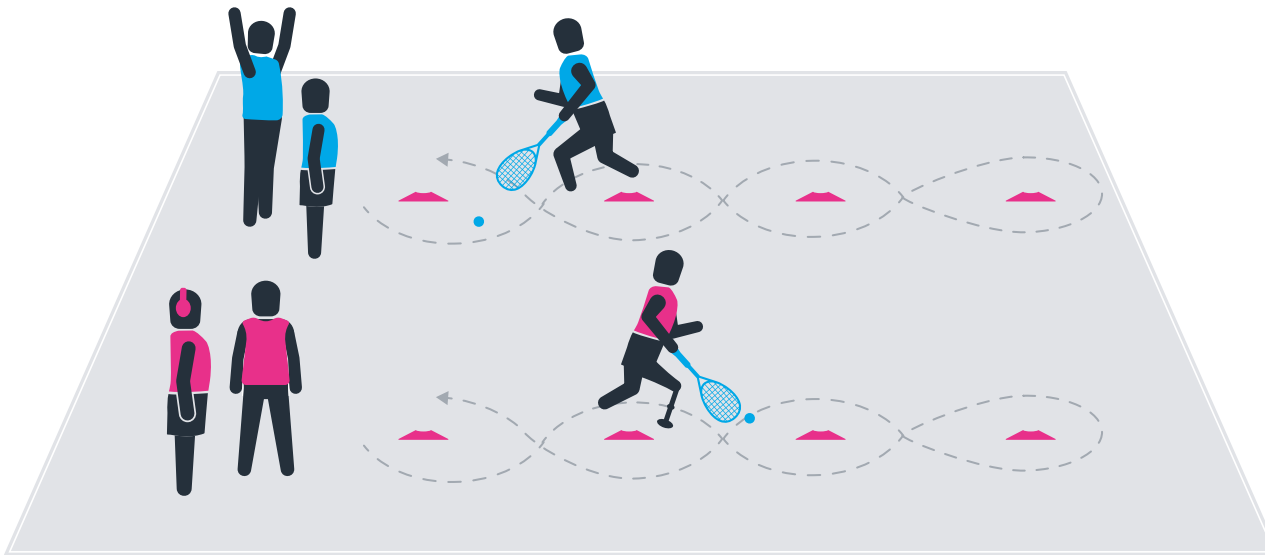
## Difficulty level





# Skill Festival: Walk the Dog

PRIMARY



## How to make it easier

- Use a bigger ball
- Moving the line of cones players are stood behind closer to the wall

## How to make it harder

- Use a smaller ball
- Move the line of cones players are stood behind further away from the wall




## How to play

- Place four or five cones in a line on the floor
- Place a ball on the floor
- Manoeuvre the ball around the cones using the racket
- Don't touch the cones!

## Safety

- Ensure players remain aware of others when moving and swinging rackets
- Maintain clear space between playing areas and active rallies
- Remind players to retrieve balls safely and stay aware of surrounding activity.

## Equipment required

-  Squash rackets
-  Squash balls
-  Cones

## Space required

- Indoor or outdoor space with enough room between players to allow safe movement and racket swings.

## Estimated set-up time

- 5 minutes.

## Difficulty level



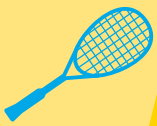
## Spirit of the Games



- What helped you stay confident when practising a new skill?
- How can positive self-talk improve performance?

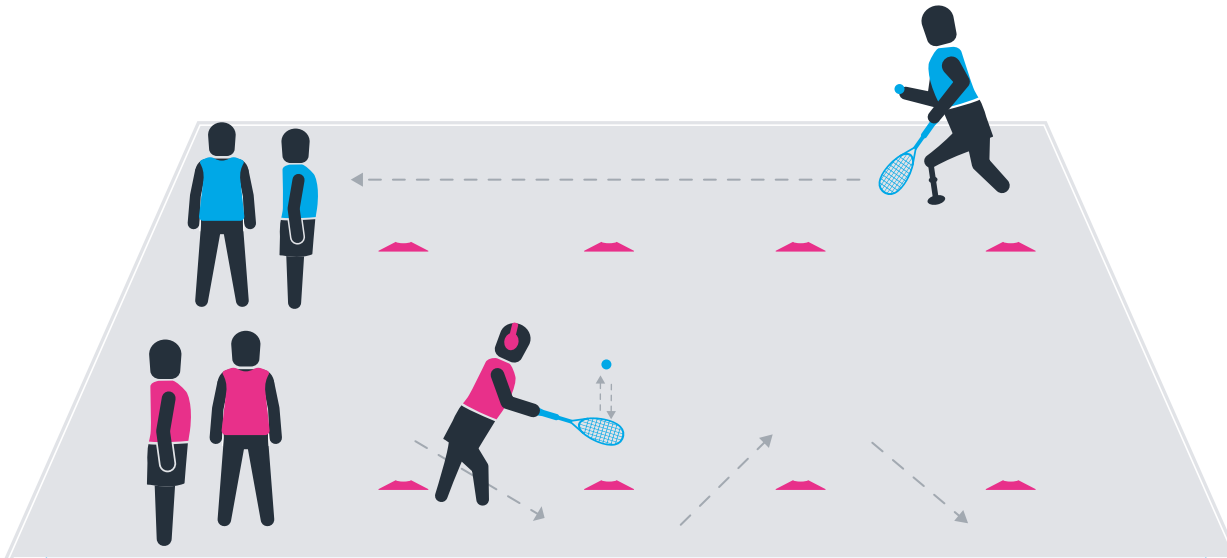


- Did you have a positive experience playing the activity?
- How can you behave during the activity?



# Skill Festival: Racket Bounce Slalom

PRIMARY



## How to play

- Players in teams of three or four line up behind a line of four spread out cones
- One at a time, bouncing a ball on a racket
- Move in between the cones to get to the end of the line
- Once at the end, run back to their team
- Pass the ball onto the next player.

### Scoring:




Based on the number of teams, the first team to finish gets the greatest number of points e.g. 5 teams:

- the winners will get 5 points
- 4th, 2 points
- 2nd, gets 4 points
- 5th, 1 point.
- 3rd, 3 points

## Safety

- Ensure players remain aware of others when moving and swinging rackets
- Maintain clear space between playing areas and active rallies
- Remind players to retrieve balls safely and stay aware of surrounding activity.

## Equipment required

-  Squash rackets
-  Squash balls
-  Cones

## Space required

- Indoor or outdoor, adapting the space based on participant numbers.

## Estimated set-up time

- 5 minutes.

## Difficulty level



## How to make it easier

- Use hands for support to help keep the ball in place

## How to make it harder

- Stand and bounce the ball three times against a wall at the end of the line before passing the ball

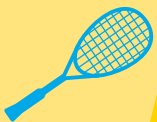
## Spirit of the Games



- How can you support your teammates when it's their turn?
- What are two qualities of a good teammate?

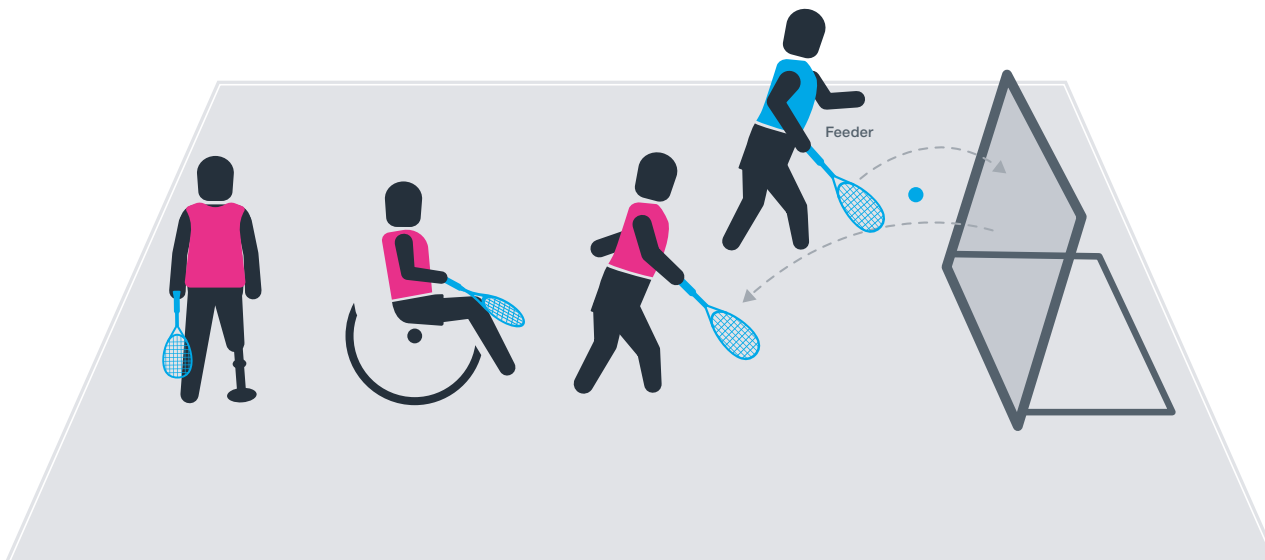


- How do you feel when you've finished your turn?
- How can you believe in yourself when playing in a team?



# Skill Festival: Group Rallies

PRIMARY



## How to play

- One player is the designated feeder
- The rest of the group stands in a line facing a wall
- The feeder will serve the ball
- The first person in line hits the ball aiming to return it to the feeder
- They then move to the back of the line
- Repeat with the next player
- Aim to keep it flowing continuously.




## Scoring:

Count how many players the rally continues for, the highest amount of people in the rally is the teams score e.g. the rally saw the ball hit 8 times, the team gets 8 points.

## Safety

- Ensure players remain aware of others when moving and swinging rackets
- Maintain clear space between playing areas and active rallies
- Remind players to retrieve balls safely and stay aware of surrounding activity.

## Equipment required

-  Squash rackets
-  Squash balls
-  Rebound Wall or wall surface

## Space required

- Indoor or outdoor, adapting the space based on participant numbers.

## Estimated set-up time

- 10 minutes.

## Difficulty level



## How to make it easier

- Bounce the ball twice before returning it to the feeder

## How to make it harder

- Time how quickly they can get back to the first person

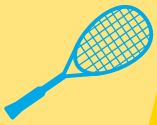
## Spirit of the Games



- How does your communication inspire your teammates when you're playing?
- How do you want your team mates to think of you on the court?

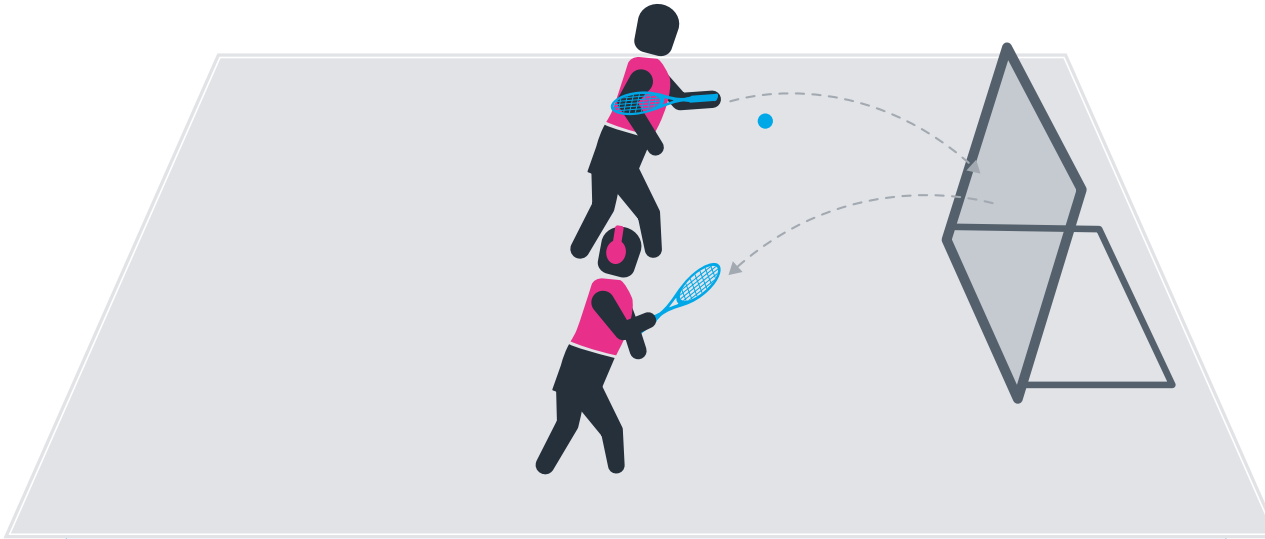


- How can you demonstrate respect to your opponent during competitive rallies?
- Why is it important to show respect to leaders, officials and teachers during competitions?



# Skill Festival: Backhand Shots

PRIMARY



## How to make it easier

- Allow two bounces on the ground

## How to make it harder

- Increase the size of the court
- Increase the distance between players

## Spirit of the Games



- How do you feel when you try a new squash skill?
- How can you believe in yourself when trying something new?



- How can you show respect to an opponent?
- How do you show respect to the leaders/teachers?

## How to play

- Split players into pairs
- Players rally together using only backhand shots
- A point is won when the rally ends due to the ball bouncing twice or a forehand shot is played.

### Scoring:

- The player who wins the rally before the ball bounces twice wins a point
- All points count in the allotted time.

## Safety

- Ensure players remain aware of others when moving and swinging rackets
- Maintain clear space between playing areas and active rallies
- Remind players to retrieve balls safely and stay aware of surrounding activity.

## Equipment required

- Squash rackets
- Squash balls
- Rebound Wall or wall surface

## Space required

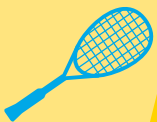
- Indoor or outdoor, adapting the space based on participant numbers.

## Estimated set-up time

- 10 minutes.

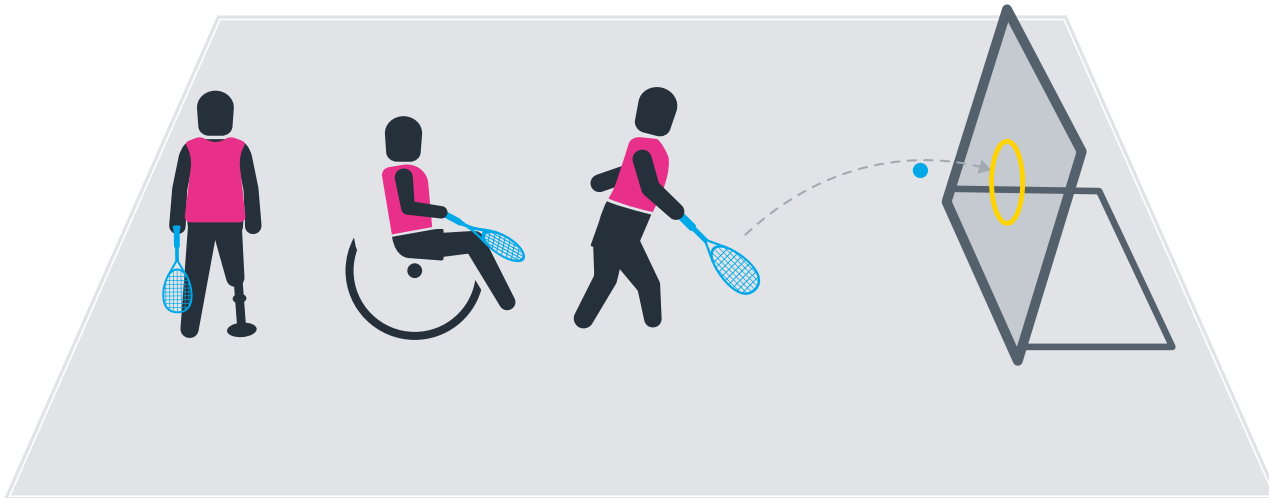
## Difficulty level





# Skill Festival: Target Hit

PRIMARY



## How to make it easier

- Increase the size of the target area

## How to make it harder

- Increase the distance from the wall
- Make the target smaller

## Spirit of the Games



- How do you feel when you try a new activity?
- How do you feel when you succeed at something new?



- How can you motivate yourself when your opponent gains momentum during a rally?
- How can you stay focused if you make a mistake?

## How to play

- Set a target on the wall that is above waist height
- Players throw and catch the ball, aiming at the target
- Points are won for hitting certain targets on the wall
- Players who are comfortable with rackets can start straight away with them.





## Scoring:

- Count how many players can hit the target in one minute. The number of times it's hit is the score.

## Safety

- Ensure players remain aware of others when moving and swinging rackets
- Maintain clear space between playing areas and active rallies
- Remind players to retrieve balls safely and stay aware of surrounding activity.

## Equipment required

-  Squash rackets
-  Squash balls
-  Rebound Wall or wall surface
-  Targets

## Space required

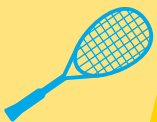
- Indoor or outdoor, adapting the space based on participant numbers.

## Estimated set-up time

- 10 minutes.

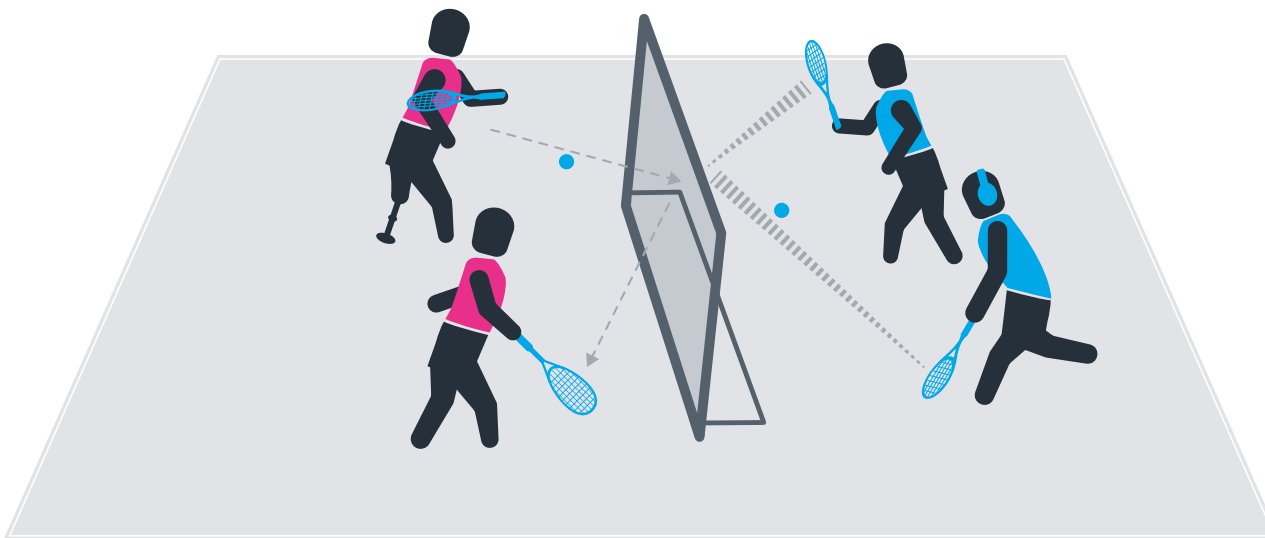
## Difficulty level





# Skill Festival: Rally 1,2,3

PRIMARY



## How to make it easier

- Use a bouncier ball
- Allow a second bounce

## How to make it harder

- Reduce the number of friendly hits

## Spirit of the Games



- How can you demonstrate respect to your opponent during competitive rallies?
- Why is it important to show respect to leaders, officials and teachers during competitions?



- How can you motivate yourself when your opponent gains momentum during a rally?
- How can you stay focused if you make a mistake?

## How to play

- Split players into pairs
- Players start to rally against each other on a wall
- The first three hits of the ball must be friendly and reach the opponent
- After the three hits, players should start to think about winning a point by hitting the ball into empty space that's identified as being part of the court
- If the rally breaks down before three shots have been hit, players start the point again with the same player serving.





## Scoring:

- Players score points when the opponent missed the ball before it bounces a second time on the floor. Players add up all their points in the allotted time.

## Safety

- Ensure players remain aware of others when moving and swinging rackets
- Maintain clear space between playing areas and active rallies
- Remind players to retrieve balls safely and stay aware of surrounding activity.

## Equipment required

-  Squash rackets
-  Squash balls
-  Rebound Wall or wall surface
-  Cones

## Space required

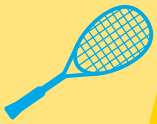
- Indoor or outdoor, adapting the space based on participant numbers.

## Estimated set-up time

- 10 minutes.

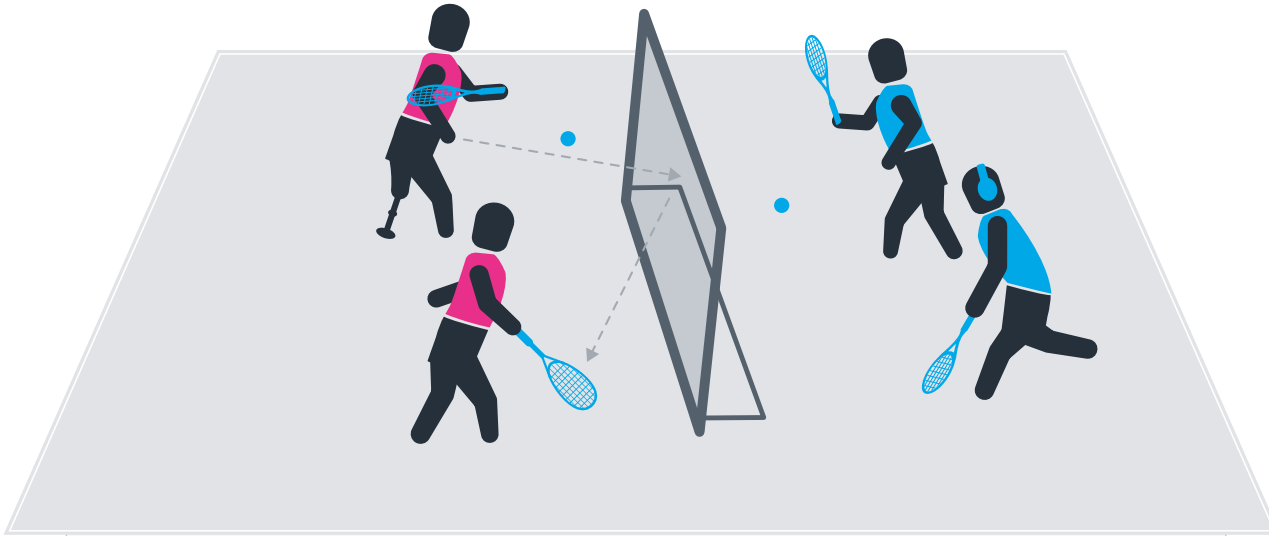
## Difficulty level





# Skill Festival: Pairs Rallies

PRIMARY



## How to make it easier

- Use a lighter ball
- Use hands instead of rackets

## How to make it harder

- Use different shots like forehands, backhands, or even volleys to keep the rally going

## Spirit of the Games



- How can you demonstrate respect to your opponent during competitive rallies?
- Why is it important to show respect to leaders, officials and teachers during competitions?



- How can you motivate yourself when your opponent gains momentum during a rally?
- How can you stay focused if you make a mistake?




## How to play

- Split players into pairs
- Players hit the ball off the wall for their partner to hit and return, or both can use rackets to rally together
- Players compete against each other until the ball bounces twice
- The player who hit the ball before it bounced twice scores 1 point
- Players play for 5 minutes
- Add all points together in the team
- The team with the most points wins.

## Safety

- Remind players to keep their heads up and stay aware of others and the boundaries while moving.

## Equipment required

-  Squash rackets
-  Squash balls
-  Rebound Wall or wall surface

## Space required

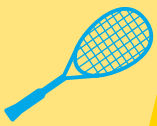
- Indoor or outdoor, adapting the space based on participant numbers.

## Estimated set-up time

- 10 minutes.

## Difficulty level





# Skill Festival: Pairs Rallies – On Court

PRIMARY



## How to make it easier

- Use a bouncier ball
- Encourage players to play in the front half of the court

## How to make it harder

- Use different shots like forehands, backhands, or even volleys to keep the rally going

## Spirit of the Games



- How did you show respect to your opponent?
- How can positive behaviour improve the experience for everyone involved?



- How can you motivate yourself when your opponent is winning?
- How did you show determination?




## How to play

- Split players into pairs
- Players hit the ball off the wall for their partner to hit and return, or both can use rackets to rally together
- Players compete against each other until the ball bounces twice
- The player who hit the ball before it bounced twice scores 1 point
- Players play for 5 minutes
- Add all points together in the team
- The team with the most points wins.

## Safety

- Remind players to keep their heads up and stay aware of others and the boundaries while moving.

## Equipment required

-  Squash rackets
-  Squash balls
-  Squash court.

## Space required

- Players should play in ¼ of the squash court
- Two matches can take place on one court in opposite corners of the court

## Estimated set-up time

- 5 minutes.

## Difficulty level

