

Have Fun, Play Squash!

Small Nix | Primary Schools & Clubs Resource



**Kiwi
Squash**
Have Fun, Play Squash



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**Kiwi
Squash**
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What is Kiwi Squash?

Kiwi Squash is New Zealand's nationally branded junior squash development programme. This initiative is designed to attract children aged 5-12 years into squash-based activities. For 5-8 years, these include the development of fundamental movement skills (FMS), fun squash activities, and speed and agility. For 9-12 years the programme progresses to include general movement, squash coordination, squash technique and strategy. Kiwi Squash is aligned to the athlete's stages of development physically, cognitively, socially and emotionally.

The Kiwi Squash programme includes:

- A comprehensive resource manual that outlines eight lesson plans
- A DVD visual aid, demonstrating over 60 activities
- Parent and school information leaflets
- Promotional posters
- A range of equipment and equipment packs
- Specialised training
- Small Nix Coaching Guide

Using this Manual

This manual includes eight lesson plans (approximately 40 minutes, but could be extended to 60 minutes if necessary). Each lesson is set up in three distinct phases which are:

1. Fundamental movement skills (FMS)
2. Fun squash activities
3. Speed and agility activities

Each lesson includes...

- Learning outcome that the activity will achieve
- Information on the setup of the activity
- Details of how to run the activity
- Things to look out for (Can You See?)
- Questions you could ask participants (You Could Ask...)
- Variations to enhance learning (You Could Change It...)
- Safety recommendations
- Equipment required

For Schools

Small Nix Kiwi Squash can be delivered in schools (ie. squash courts are not needed) and is delivered collaboratively by teachers, coaches and volunteers.

Your local squash District (www.squashnz.co.nz/Districts) will help you to find your nearest club to work with.

For Clubs

Small Nix Kiwi Squash can be delivered by club coaches and volunteers to children aged 5-8 years old. The eight week programme can be repeated through the course of the year to the same group of children and it does not matter if those children are part of a Kiwi Squash programme at school – they will still have loads of fun participating and learning to play and love squash!



1. Fundamental Movement Skills (FMS)

These are skills developed using the gross motor movements of the head, legs, arms and trunk and are prerequisites for developing finer motor skills. In this part of the lesson the coach has the option to pick which activity is suited to their group or to split the group into two to suit their levels.

1. Discovering – in the early stages of developing FMS
2. Developing – has some FMS but still not consistent
3. Consolidating – has core FMS and is further consolidating them

2. Fun Squash Activities

There are two activities for the children to take part in that will complement the development of squash-related skills. These should be delivered in a fun, active way with limited talking and little formal coaching.

3. Speed & Agility

The development ages of 6-8 years old is the 'window of trainability' for speed and agility. In other words, it is the best time to develop these physical skills that children will be able to keep for life. Many sports need good speed and agility to perform well so these activities are very transferrable and are delivered in a fun and engaging way.



Meet Nix the Kiwi: our Kiwi Squash mascot

**HAVE YOU CHECKED
OUT OUR WEBSITE &
FACEBOOK PAGE...**

Visit fb.com/kiwisquash or kiwisquash.com

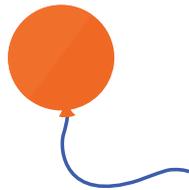


The Equipment | Teachers & Clubs

There will be a variety of equipment that is used in each of the eight lessons. Here is a list of the equipment that will be needed throughout the programme.



Squash Racket



Balloon



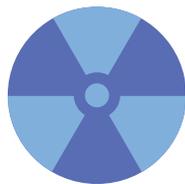
Blue Dot Ball



Cone



Scissors



Beach Ball



Foam Ball



Tennis Ball



Beanbags/Hackey Sack



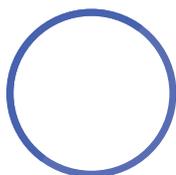
Bouncy Ball



Box



Low Bench



Hoop



Tape



Bases/Spot Marker



Mats



Defined Grass or Large Area



Rope



Newspaper



Chalk

The Equipment | Kids

When playing squash, you will get hot and sweaty, so to keep cool make sure you wear light clothing and non marking shoes! Also make sure to drink lots of water to keep hydrated!



T- shirt



Shorts



Shoes

Lesson 1

10

FMS Dodging

Discovering

Dodgems

Developing

Shadow Partner

Consolidating

It's a Goal

Fun Squash Activity

Ballooning Around

Balance, Bounce and Walk

Speed and Agility

Dog and Bone

Lesson 2

19

FMS Running

Discovering

Running Free

Developing

Fast Cars

Consolidating

Quick Starts

Fun Squash Activity

Beach Squash

Delivery

Speed and Agility

There and Back Relays

Lesson 3

28

FMS Jumping

Discovering

Can you Jump Far?

Developing

Crossing the Stream

Consolidating

Jumping to Throw and Catch

Fun Squash Activity

Target Fun

Dribble Dribble

Speed and Agility

Chase the Tail

Lesson 4

37

FMS Hopping

Discovering

Enjoying Hopping

Developing

Hopping, Far and High

Consolidating

Hopscotch

Fun Squash Activity

Wall Walking

Skittle Squash

Speed and Agility

Speed Up, Slow Down

Lesson 5

47

FMS Balance

Discovering

Body Shape Fun

Developing

Freeze

Consolidating

Connect Five

Fun Squash Activity

Volley Fun

Run the Gauntlet

Speed and Agility

Ball Strike

Lesson 6

57

FMS Throwing and Catching

Discovering

Catching with a Partner

Developing

Circle Catch

Consolidating

Catch it

Fun Squash Activity

Read All About it

Winding Road

Speed and Agility

Stop, Catch & Weave

Lesson 7

66

FMS Striking with Hands

Discovering

What is Volleying?

Developing

Brooms and Brushes

Consolidating

Keep it Up

Fun Squash Activity

Squicket

Game Play

Speed and Agility

Fish

Lesson 8

74

FMS Striking with Implement

Discovering

Exploring Short Implements

Developing

Target the Area

Consolidating

Wall Ball

Fun Squash Activity

Penalty Shoot Out

First Gear

Speed and Agility

Swipe the Ghost



Lesson 1

FMS Dodging

1

Discovering

Dodgems

Learning Outcome: Developing dodging, swerving, evading, changing direction and moving in general space.

Setup

- Each group of four-five is in a marked square (5x5m).
- Each player has a racket/ball/quoit/frisbee to use as a steering wheel.



Activity

- Each player holds their racket/ball/quoit/frisbee in front like a steering wheel, and walks around without touching the other players (dodgems) in the square. Keep moving for one minute.
- Repeat the activity while increasing the speed. Incorporate skipping, jogging and running.
- The players should be planting one foot and quickly change direction (plant and go).

You Could Ask...

- How does your body swerve to avoid another 'dodgem'?
- Why is it important to have your head up?

You Could Change It...

- Add obstacles: include obstacles (e.g. cones) to evade.
- Create pathways: set-up a pathway of cones for the dodgems to move in and out of and around.

Equipment



Cones



Beach Ball



Squash Racket

Can you see?

Head up, quick moves, safe traffic, plant & go.

1

Developing

Shadow Partner

Learning Outcome: Developing moving, dodging, change of direction and speed, moving in general space and relationships.

Setup

- Large, defined grass or hard area with a number of bases/spot markers scattered on the ground.
- Children in pairs, one the leader and the other the shadow, are spread out in the area.



Activity

- The shadow must follow and copy the leader as they move throughout the area and must not touch the bases/spot markers.
- Have the players swap roles after a period of time.

You Could Ask...

- Leaders: what can you do to make it hard for your shadow to keep up with you?
- Chasers: what can you do to keep up with your leader?

You Could Change It...

- Vary locomotor skill: start with walking, then move on to skipping, galloping, jogging, hopping, running.
- Vary set-up: increase or decrease the area size or the number of bases.
- Tandem tag: partners link arms and play the game with another pair. One pair is the leader and the other pair is the shadow.

Can you see?



Quick moves, plant and go, faking, shadow watching the leaders hips.

Equipment



Bases/Spot Markers



Defined Grass or Large Area

1

Consolidating

It's a Goal

Learning Outcome: Developing dodging a defender, moving in general space, changing direction and speed.

Setup

- On a defined grass or hard court area, three lines (base, centre and end) are marked out, approximately five metres apart with a bin/box on the end line.
- Children in pairs, one ball runner and one defender, with one ball per pair.



Activity

- Split the players into two teams with one team as attackers and the other as defenders.
- Attackers start on the baseline, with the defenders on the end line. The attackers must cross the centre line before attempting to throw their ball into the bin. The defenders must tag the attackers before they can score.
- The defenders can only tag the attackers when they are on the defender's side of the centre line. Have the groups swap and repeat.

You Could Change It...

- Vary equipment and skill: for example, dribble a soccer ball to score a goal by crossing the end line.
- Vary line distance: increase/decrease the distance between lines to make it easier/harder for runner/defender.
- Vary area layout: place a 'no tag' area around each bin.

You Could Ask...

- Ball runners: how can you use other players in the area to avoid being tagged?
- Defenders: which part of the ball runner should you focus on to anticipate the direction they will move in?

Can you see?



Ball Runner: quick moves, faking.
Defender: watching hips.

Equipment



Bases/Spot
Markers



Bin/Box



Ball



Defined Grass or
Large Area

1

Ballooning Around

FUN SQUASH ACTIVITY

Learning Outcome: Developing hand to eye coordination and familiarity with the racket.

Setup

- Large space/area in which the children can move around.
- Tie a balloon to each racket and give each player a racket.



Activity

- While stationary, the children bounce the balloon up and down on the rackets.
- Bounce the balloon downwards to the floor.
- Bounce the balloon laterally in front, as a forehand and then as a backhand.
- Untie or cut the string and then have players hit the balloons into the air.
- Bounce them on the floor.
- Bounce against a wall.
- Hit backwards and forwards to each other.

You Could Ask...

- To hit upwards, downwards and laterally where/how/on what angle should the racket be striking the balloon?
- To hit the balloon harder do you need to hit the balloon with a small swing or a bigger swing?

You Could Change it...

- Have groups of four standing in a square hitting the balloon to each other.
- Start with one balloon and then add another.

Safety

- Ensure enough space between each participant.
- Ensure that they are aware that they must stop if they get too close to each other.



Equipment



Squash Racket



Balloon with string



Scissors

Commonwealth Games Success!



Nix's Fun Fact!

Joelle King (left) and Jaclyn Hawkes celebrate after winning gold at the Commonwealth Games in Delhi, India

To date, New Zealand has won medals at every Commonwealth Games since squash was introduced in 1998.

1

Balance, Bounce, Walk

FUN SQUASH ACTIVITY

Learning Outcome: Developing ball control and coordination.

Setup

- Large space/area in which the children can move around.



Activity

- Children balance the ball on the racket head and hold for 10 seconds.
- Children, from a stationary position, bounce the ball on the racket head using gentle soft hits.
- Children walk with the ball bouncing the ball as they go for 10 metres and return.
- Children jog with the ball, while bouncing it on the racket head, for 10 metres and come back.
- Children try to hit the ball against the side wall using gentle touches (keeping underneath the ball forehand and backhand).
- Everyone in the group simultaneously hits the ball as high into the air as possible (done all together).

You Could Ask...

- When balancing the ball what do we have to do with the racket face? (keep it level)
- How high should the bounces be? (quite low)
- To hit the ball against the side wall, do we hit up or down?
- To get the ball high, do we take a small swing or a big swing?

You Could Change It...

- Have two players hitting against the side wall taking alternate turns.

Safety

- Ensure there is plenty of space between each participant.
- Ensure that participants are aware that they must stop if they get too close to each other.
- Be aware of balls and rackets left on the ground.



Equipment



Squash Racket



Foam Balls



HEALTHIEST SPORT

as rated by

Forbes
magazine



The World's Healthiest Sport

In 2003, Forbes rated Squash as the number one healthiest sport in the world to play. For an all-round cardio workout there is no better sport than Squash. Staying healthy is key to living a happy and successful lifestyle!

1

Speed & Agility

Dog & Bone

Learning Outcome: Developing speed and agility.

Setup

- Large indoor area or open space.
- Children in two lines with one "bone-thrower" in between. You can have more lines but will need another "bone-thrower".
- The "bone-thrower" rolls two balls (the same speed and distance) into the open space. The first "dog" in each line runs and collects the ball, running back and returning the ball to the "bone-thrower".



You Could Ask...

- What should the dog be doing with their eyes?
- Should the dogs be picking up the bones with one or two paws?

You Could Change It...

- By changing the ball type (e.g. larger/smaller/reaction balls).
- By only throwing one ball to chase.

Safety

- If playing with one ball participants are not allowed to push each other when going for the ball.
- No socks on slippery surfaces.



Equipment



A selection of Balls incl. foam, squash & reaction

To view the full manual

Visit the Squash NZ Learning Portal:



SQUASH
NEW ZEALAND
ONLINE LEARNING PLATFORM

Lesson 2