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PASSIONATE ABOUT DEVELOPING SQUASH

Off The Wall Squash Progress Awards

Information for Teachers, Coaches and Testers

Introduction

The OTWS Progress Awards are designed to add value to your existing junior squash activities by providing 6 levels of progress levels for young people to work towards. When players are successful, they receive recognition for their development & progress through OTWS certificates and wristbands.

The awards & testing will help teachers & coaches to deliver a range of activities that will help to develop the skills of their pupils. The skills can be a useful addition to your junior section activities & have been designed specifically to help them to;

- Develop consistency, take up positive positions on court, be aware of their opponent & develop their understanding of the rules.

General Information and Guidance

- There are six levels of award, providing ability-based practice and tests from beginner through to developed player.
- Levels 1-2 can be undertaken in either a hall or squash court. These levels are designed to offer an introduction to squash & build the confidence of a young player.
- Levels 3-6 are squash court based, to be carried out by a qualified coach or tester.
- Testers can be any qualified ESR teacher, coach or any person who has undertaken the OTWS Teacher training course.
- OTWS Recommend the use of red mini squash balls for levels 1-2; single or double yellow dot balls for levels 3-4 & double yellow dot balls for levels 5-6.
- We have tried to be as specific as possible with the information for each test but should you feel the information lacks relevant information, please let us know. In this case, we recommend you apply common sense to the test in order that you don't delay the delivery of the activity to your pupils.
- All feeding activities must be undertaken by a coach or player with the ability to deliver consistently accurate feeds for the person being tested.
- For Levels 3-6 all pupils must wear mandatory eyewear.

OTWS are always trying to improve the awards & will undertake an annual review of feedback and ideas for improvement. Please send any feedback to us at karen@offthewallsquash.co.uk

Certificates can be ordered by email or post. Please contact us & we'll send you an order form. For more information, visit:

www.offthewallsquash.co.uk/progress-awards

LEVEL 1 - SKILLS (can be delivered in a hall or on a squash court)

- SKILL 1.** Roll a mini squash ball along the ground for at least 5 metres toward a mini squash racket laying flat on the floor. The ball must make contact with the mini squash racket. **(Skill: Accuracy of sending a ball)**
Complete 5 out of 6 to pass.
- SKILL 2.** Throw a mini squash ball into the air to at least head height, let it bounce once on the floor & catch it. **(Skills: Coordination, sending & receiving skills)**
Complete 5 out of 6 to pass.
- SKILL 3.** Throw a mini squash ball onto a wall(*1) at least waist height & catch it before it bounces. **(Skills: Coordination, sending & receiving skills)**
Complete 5 out of 6 to pass.
- SKILL 4.** In pairs, throw a mini squash ball onto a wall(*1) at least waist height, let it bounce & let your partner (of similar ability) catch it. **(Skills: Teamwork, coordination, sending & receiving skills)**
Complete 5 out of 6 to pass.
- SKILL 5.** Using a mini squash ball, play a game of beat your partner by throwing the ball underarm against a wall(*1) in a designated area *(defined by the tester)* above waist height & getting it to bounce twice before they can catch it. **(Skills: Coordination, strategic thinking, competitiveness)**
Play to 5 points, best of three games.

“ Q: What wall must the ball hit in a game of squash? ”

LEVEL 1 - PROGRESS SKILLS SPECIFIC INFORMATION

- (*1) - If your hall doesn't have any indoor wall space, have you tried outside? If this is still a problem, please contact us for alternative tests for Level One only that do not require wall space.

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LEVEL 2 - SKILLS (can be delivered in a hall or on a squash court)

- SKILL 1.** Balance a mini squash ball on the strings of a mini squash racket. Sit down & stand up without the ball leaving the strings of the racket. **(Skill: Racket & ball coordination)**
Complete 3 times to pass.
- SKILL 2.** Balance a mini squash ball on the strings of a mini squash racket & weave around a simple circular or straight line obstacle course(*2). **(Skills: Racket & ball control, visual awareness, concentration)**
The ball must remain on the strings of the racket at all times to pass.
- SKILL 3.** Balance a mini squash ball on the strings of a mini squash racket & weave around a simple circular or straight line obstacle course(*2). The ball must be bounced on the strings of the racket continuously. **(Skills: Racket & ball control, visual awareness, concentration)**
2 mistakes permitted over the course or start at the beginning again until completed to pass.
- SKILL 4.** Play a continuous rally against a wall in a designated area *(defined by the tester)*. **(Skills: Racket & ball coordination, control of the racket, understanding how a ball reacts to being hit by a racket)**
Complete 6 consecutive shots on the forehand to pass.
- SKILL 5.** Play a “helping” (cooperative) rally against a wall in a designated area *(defined by the tester)* with a partner of similar ability. **(Skills: Controlling where to place a hit ball to ensure a successful rally)**
Complete 8 consecutive shots to pass.

“ Q: Who is the current World Squash Champion for men and women? ”

LEVEL 2 - PROGRESS SKILLS SPECIFIC INFORMATION

(*2) – *The obstacle course is set by the tester, feel free to use readily available obstacles such as a piano, piano stool, chairs, bags etc. The course set should have at least 10 obstacles and should be approximately 25m in length. The route you set can be 25m circular, 25m straight line or 12.5m straight line (go there and back). These options are designed to suit the availability of space in your facility.*

LEVEL 3 - SKILLS (must be undertaken on a squash court)

- SKILL 1.** Play a solo rally on both the forehand & then the backhand. Ball must remain straight on the same appropriate side of the court.
Complete 6 consecutive shots to pass.
- SKILL 2.** Play a straight drive from the front of the court (*coach feed*) on both forehand & backhand, demonstrating a controlled racket swing & being square onto the appropriate sidewall. Drive to land behind the short line.
Complete 5 out of 6 to pass.
- SKILL 3.** Play a “helping” (cooperative) rally with a partner, the ball should be hit above the service line at all times.
Complete at least 6 shots each to pass.
- SKILL 4.** Deliver an effective service(*3). Ball must go over the service line & across to the other side of the court.
Complete 5 out of 6 to pass from both left & right service box to pass.
- SKILL 5.** Play a competitive game with an opponent to 11 points using PAR scoring, with players keeping score out loud. The adaptive serve is permitted for this skill.
Coach to supervise and assess if game score was kept correctly to pass.

“ Q: What is PAR scoring & how does it work? ”

LEVEL 3 - PROGRESS SKILLS SPECIFIC INFORMATION

- (*3) – *(Adaptive Serve) Whilst we would encourage the test to include the ball going past the short line (A correct serve), we understand some young people don't have the power to achieve this & therefore only require the ball to be hit above the service line & travel to the opposite side from where the ball is served. Coach to assess success using discretion & ensuring consistency.*

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LEVEL 4 - SKILLS (must be undertaken on a squash court)

SKILL 1. Deliver an effective service, within the rules of the game, with movement to the "T" area, in preparation for the service to be returned.

5 out of 6 serves to be "in" from both left & right service boxes to pass.

SKILL 2. From a simple crosscourt feed, play a "boast" under the service line that lands in the opposite front quarter of the court. Forehand & backhand.

Complete 5 out of 6 to pass.

SKILL 3. Letting the ball bounce, return a simple service (*coach fed*) with a straight drive or boast & move to the "T" area before the opponent hits the next shot. Forehand & backhand.

Complete 5 out of 6 to pass.

SKILL 4. From a simple straight high feed to around the short line area (*coach to feed from the back of the court*) move from the "T" & volley the ball straight, landing behind the service line. Forehand & backhand.

Complete 5 out of 6 to pass.

SKILL 5. Play a full match, PAR to 11 points, best of 5 games with a player of similar ability. The adaptive serve is no longer permitted.

All shots to be played above the service line throughout & scoring out loud to pass.

“ Q: Can you name all the lines on a squash court? ”

LEVEL 5 - SKILLS (must be undertaken on a squash court)

- SKILL 1.** Play a “helping” (cooperative) rally in the back quarter of the court (no volleys). Demonstrate an understanding of movement around your opponent & moving back towards the “T” area.
- Complete a continuous 12 shot rally on the forehand & backhand to pass.**
- SKILL 2.** Moving from the “T” area, play a straight dropshot from a boast feed (Coach to hit 3 walls, i.e: Ball to hit front wall, floor, sidewall or front wall, sidewall, floor sequence.) Target area for drop shot is two racket lengths from the front wall & one racket length from the sidewall.
- Complete 4 out of 6 dropshots on forehand & backhand side to pass.**
- SKILL 3.** Play a continuous “helping” (cooperative) boast & drive practice with a partner or coach demonstrating movement back towards to “T” area. Every hit counts as one shot. Drive to land behind the short line. Change to other role once completed 20 successful hits. (10 shots each).
- Complete continuous 20 shot boast & drive practice from front & back of the court to pass.**
- SKILL 4.** Play a volley return of service to the back of the court, the ball must land behind either service box & not hit the back wall first, permitting both straight & cross court return.
- Complete 4 out of 6 on forehand & backhand side to pass.**
- SKILL 5.** Play a full match, PAR to 11 points, best of 5 games, scoring out loud & using lets & strokes. The adaptive serve is no longer permitted.
- Coach to supervise and assess if game score was kept correctly & let/stroke decisions decided upon successfully to pass.**

“ Q: Can you explain the difference between a let & a stroke? ”

LEVEL 6 - SKILLS (must be undertaken on a squash court)

- SKILL 1.** Play a continuous solo figure of 8 rally with a bounce.
Complete a continuous 12 shot rally to pass.
- SKILL 2.** From a boast (*feed by the coach*), hit an effective crosscourt lob(*4), with the ball landing on the floor before the back wall, directly behind the service box.
Complete 5 out of 6 on the forehand & backhand to pass.
- SKILL 3.** Play a series of solo straight drives, with the ball landing inside the service box.
Complete 12 continuous shots on the forehand & backhand to pass.
- SKILL 4.** Play a “helping” boast, straight dropshot, cross court drive practice with a player of similar ability.
Complete a continuous 15 shot rally on forehand & backhand side to pass.
- SKILL 5.** From a straight high feed, play a straight volley dropshot into a target area of three racket lengths from the front wall & one racket width from the sidewall.
Complete 5 out of 6 on the forehand & backhand to pass.

“ Q: Can you explain the player pathway from junior club through to national champion at senior level. ”

LEVEL 6 - PROGRESS SKILLS SPECIFIC INFORMATION

- (*4) – *The lob must be of high quality, an example to help the assessment of the coach could be the coach stands on the back of the service box line & the lob must go over the coaches head & land on the floor before hitting the back wall, therefore emphasising both height of the lob & control of the pace of the shot.*