

Factfile

Category
Net and Wall

Competition Type
Alternate, isolated,
opposed

Area Dimensions
2m x 2m - 4m x 4m

Number of Players
2

Time Per Game
5 - 10 minutes

Objective
To keep a rally going.

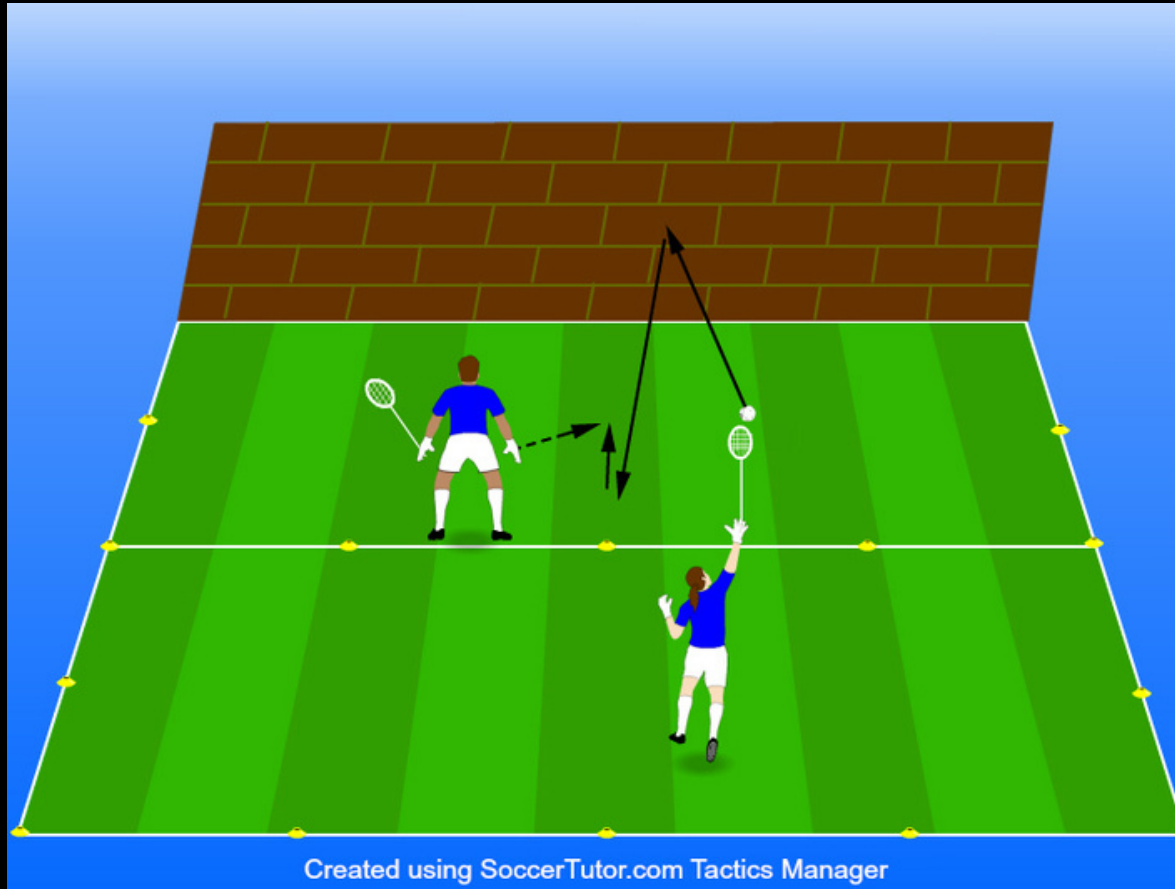
Equipment

- 14 Marker Cones
- 2 rackets
- 1 small ball

Safety Tips

- Keep out of each other's way. If you are likely to hit your opponent with the racket, pull out of the shot and call a 'let'.
- Don't swing the racket.
- Stay in your area. Ask players to return ball.

11) Differentiated Squash



Tips For Success

- Hold the racket with a soft grip.
- Hit softly to control the pace of the shot.
- Aim to hit the ball to land away from your opponent.
- Move back to the middle after playing your shot so you run less distance.

Independent Personalisation

- More confident players must hit the ball above a higher height and less confident players above a lower height.
- Allow the ball to bounce twice for less confident players.



Rules

- 1v1 rally game.
- If there is a difference in confidence levels, the more confident player must hit into the front zone whilst the less confident player can hit into the whole area.
- Players alternate hitting the ball against the wall. The ball must be hit initially upwards and rise above the knee/chest/head.
- A player wins 1 point if their opponent:
 - misses the wall / target area, lets the ball bounce twice before returning or hits the ball downwards/below a certain height.