

SQUASH – MINI SQUASH

Quick introduction

A team competition – all teams play against each other in a round robin format using either benches or mini wall(s).

Getting started

- Teams of four players.
- Players ranked in ability 1-4.
- Each player plays the same number ranked person in the opposite team.
- The team with the most points wins the match.
- The team with the most accumulated points wins the competition.

Health and safety

- Be aware of where your opponent is as you play your shot (no wild swinging).
- Do not hit the ball if your opponent is in the way (ask for a let). A let means that you replay the point.
- Wear shoes that do not slip on the floor.
- Normal PE kit will be fine for this competition.
- Use a suitable ball.
- You must stop if the referee calls “stop” (usually for safety only).
- Make sure the other team members are not in the way of the players.

Equipment

- One ball between two players (one ball per team match).
- Two rackets per match – one racket each.
- Floor spots to mark the serving point on the floor.
- Floor lines can also be used to mark the court area (not always necessary).

Think tactics

Think how to make the other player move by choosing a shot that hits the ball to where they are not standing i.e. into the space.



Quick rules

- Each player in the team plays for 3 minutes. Scoring is cumulative, after 3 minutes the players score is added to the previous players score. The team with the highest combined score after everyone has played wins.
- Before you start you need to spin the racket to see who will serve.
- If you are using a bench the server puts the ball on the floor and hits/pushes the ball towards the bench. If you are using a mini wall the server must first bounce the ball and then hit onto the wall.
- Using the wall: the ball can bounce once or twice on the floor. You must decide this with your opponent before you play.
- If the ball hits you after you have played your shot the point is awarded to the other player.
- If you get in the other player's way when it is their shot you play the point again (a let).
- Using the bench: if you play a shot and miss the ball you will lose the point. You are allowed to try to hit it again.

Think inclusively STEP

- Space:**
- The playing area could be marked out with floor lines to restrict the court size.
 - If appropriate make the court space smaller for SEN/disabled young people to reduce the amount of movement required.
- Task:**
- The ball could bounce twice if on the net or could be stopped then hit if using the benches.
- Equipment:**
- Allow SEN/disabled players to use the shorter handled FUN mini squash racket if they are struggling with the PLAY racket.
 - If no benches are available use the hall wall or doors that are shut safely. If the room contains gym bars they could be pulled out and the wall space used.
- People:**
- Any ability can play bench squash. If struggling to hit first time, stop the ball with the racket and push the ball back to the bench.
 - Teams can be adjusted and adapted according to participant ability – ensure teams are split as equally as possible.

Hints and tips

- Set the hall out with benches and the mini walls in enough space to allow the players reasonable room to play their matches.
- Teams will need to put their teams in player ability ranked order 1-4, best player at number 1.
- If four players in a team, matches will last for 12 minutes. Allow enough time to complete at least four rounds.

Leadership and volunteering opportunities

Roles available could be:

- Referee - makes decisions which are final if any dispute between the players.
- Marker - keeps the score and calls it out in between points.
- Marketing and communication – reporters and photographers.
- Runners – to take the scoresheets to a central table/score keeper.

Officiating

- Ensure that play is fair.
- Lets are requested if players get in each other's way.
- Watch the game at all times to keep an accurate score.
- Ball is out of play where the ball bounces more than once or twice etc. Or where the ball hits the wrong part of the bench (top then shooting over) or wall struts not on the net etc.



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Teamwork: Every point counts towards the final score so try as hard as you can even if you find the opponent is a better player – one point could be the winning difference between the teams!

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