







## 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 & 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:

admin@offthewallsquash.co.uk

For more information on the JPAs in Wales & to order Certificates & Wristbands, contact:

e: danielle.brown@squash.wales t: 0300 300 3121 w: www.squash.wales











SOU	$\Delta SH$	Player Name: Tester/s:		
		Test Location:	Date Complete	ed:
	1 - SK	<b>ILLS</b> (can be delive	red in a hall or on a squash cou	urt)
SKILL 1. PASS DATE	mini sc	quash racket laying fla	the ground for at least 5 me t on the floor. The ball must r (Skill: Accuracy of sending of	make contact
	Comp	lete 5 out of 6 to pass.		
SKILL 2. PASS DATE	bounc		the air to at least head heig catch it. <b>(Skills: Coordinatio</b>	
	Comp	lete 5 out of 6 to pass.		
SKILL 3. PASS DATE		N.	o a wall(*1) at least waist he Coordination, sending & rece	
	Comp	lete 5 out of 6 to pass.		
SKILL 4. PASS DATE	let it b	ounce & let your partr	ball onto a wall(*1) at least oner (of similar ability) catch it adding & receiving skills)	and the second s
	Comp	lete 5 out of 6 to pass.		
SKILL 5. PASS DATE	the bo the tes they c	ıll underarm against a ster) above waist heig	y a game of beat your partnesself wall (*1) in a designated are ht & getting it to bounce twice thinking ordination, strategic thinking	ea (defined by ice before

# LEVEL 1 - PROGRESS SKILLS SPECIFIC INFORMATION

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

Play to 5 points, best of three games.

(\*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 that do not require wall space.











SQU	ASH  Player Name:
LEVEL	. 2 - SKILLS (can be delivered in a hall or on a squash court)
SKILL 1. PASS DATE	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. PASS DATE	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. PASS DATE	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. PASS DATE	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)
P	Complete 6 consecutive shots on the forehand to pass.
SKILL 5. PASS DATE	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 (4 on each side) 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 20m in length. The route you set can be circular, straight line or 10m straight line (go there and back). These options are designed to suit the availability of space in your facility. Take care when organising the obstacles to ensure safety of the participants.











SQU	Test Location: Date Completed:
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.
DATE	Complete 6 consecutive shots on each side to pass.
SKILL 2. PASS DATE	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 on each side to pass.
SKILL 3. PASS DATE	Play a 'helping' (cooperative) rally with a partner, using both backhand and forehand shots, the ball should be hit above the service line at all times.
	Complete at least 6 shots each to pass.
PASS DATE	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. PASS DATE	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

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

### LEVEL 3 - PROGRESS SKILLS SPECIFIC INFORMATION

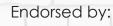
(\*3) – (Adaptive Serve) Whilst we would encourage the test to include the ball going past the short line (A correct serve), we understand some young people don't have the power to achieve this & therefore only require the ball to be hit above the service line & travel to the opposite side from where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





Player Name: ...... Tester/s:







JQUI	(2)	Test Location:	Date Completed:
	4 - SI	<b>KILLS</b> (must be undertaken	on a squash court)
SKILL 1.  PASS DATE		r an effective service, within ment to the "T" area, in prep ed.	
	5 out o	of 6 serves to be "in" from bo s.	th left & right service boxes
SKILL 2. PASS DATE		ands in the opposite front quo	y a "boast" under the service line arter of the court. Forehand &
	Comp	lete 5 out of 6 on each side t	o pass.
SKILL 3. PASS DATE	straigh	the state of the s	mple service (coach fed) with a he "T" area before the opponent khand.
	Comp	lete 5 out of 6 on each side t	o pass.
SKILL 4. PASS DATE	to feed	d from the back of the court	around the short line area (coach ) move from the "T" & volley the rvice line. Forehand & backhand.
	Comp	lete 5 out of 6 on each side t	o pass.
SKILL 5.		full match, PAR to 11 points, ability. The adaptive serve is	best of 5 games with a player of no longer permitted.
DATE	All cho	ats to be played above the se	arvice line throughout & scoring

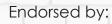
Q: Can you name all the lines on a squash court?

out loud to pass.











SQUA	NSH	Test Location:		Date Completed:	
	5 - Sk	<b>(ILLS</b> (must be un	dertaken on a squa	sh court)	
SKILL 1. PASS DATE	(no vo	'helping' (coopera blleys). Demonstrate d your opponent &	an understanding		urt
	Comp pass.	lete a continuous 12	2 shot rally on the t	forehand & backhan	d to
SKILL 2. PASS DATE	(Coac	ch to hit a 3 wall boo	ast). Target area fo	opshot from a boast for drop shot is two rac gth from the sidewall	cket
	Comp pass.	lete 4 out of 6 drops	hots on forehand	& backhand side to	
SKILL 3.  PASS DATE	with a 'T' are	partner or coach d a. Every hit counts one. Change to other	emonstrating mov as one shot. Drive t	oast & drive practice vement back toward to land behind the leted 20 successful h	s to
		lete continuous 20 s court to pass.	hot boast & drive	practice from front &	back
SKILL 4. PASS DATE	land b	The state of the s	box & not hit the	f the court, the ball m back wall first, permi	
	Comp	lete 4 out of 6 on for	ehand & backhar	nd side to pass.	
SKILL 5. PASS				games, scoring out l no longer permitted.	oud
DATE		n to supervise and a		re was kept correctly	&

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











SQU	Test Location:
LEVEL	6 - SKILLS (must be undertaken on a squash court)
SKILL 1. PASS DATE	Play a continuous solo figure of 8 rally with a bounce.  Complete a continuous 12 shot rally to pass.
SKILL 2. PASS DATE	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.
4	Complete 5 out of 6 on the forehand & backhand to pass.
SKILL 3. PASS DATE	Play a series of solo straight drives, from behind the service box, with the ball landing inside the service box.
	Complete 12 continuous shots on the forehand & backhand to pass.
PASS DATE	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.  PASS DATE	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.

**44** 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 could be that 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. This helps to emphasise both the height of the lob & control of the pace of the shot.