

The Chinese University of Hong Kong P.E. Unit

Squash Course Content

Week	1 st Lesson	2nd Lesson
1	<ol style="list-style-type: none"> 1. Court Outline 2. Course Regulations 3. History, court , equipment, dress, eye protection and safety. 4. International and local Squash development. 	<ol style="list-style-type: none"> 1. Warm up 2. Grip 3. Racket ball control drills 4. Court shuttle run
2	<ol style="list-style-type: none"> 1. Ready position and forehand front court footwork 2. Forehand front court drive 3. Forehand mid court drop 4. Forehand drop and drive practice and game 	<ol style="list-style-type: none"> 1. Backhand front court footwork 2. Backhand front court drive 3. Backhand mid court drop Backhand drop and drive practice and game
3	<ol style="list-style-type: none"> 1. Forehand front court crosscourt drive 2. Backhand front court crosscourt drive 3. A front court crosscourt drive, B&C backcourt drop game 	<ol style="list-style-type: none"> 1. Forehand mid court footwork 2. Forehand mid court drive 3. Forehand mid court drive rotation
4	<ol style="list-style-type: none"> 1. Backhand mid court footwork 2. Backhand mid court drive 3. Backhand mid court drive rotation 	<ol style="list-style-type: none"> 1. Forehand mid court crosscourt drive 2. Backhand mid court crosscourt drive 3. Paired mid court straight & crosscourt drive game
5	<ol style="list-style-type: none"> 1. Forehand backcourt footwork 2. Forehand backcourt drive 3. Forehand backcourt drive rotation 4. Forehand half court game & tactics 	<ol style="list-style-type: none"> 1. Backhand backcourt footwork 2. Backhand backcourt drive 3. Backhand backcourt drive rotation 4. Backhand half court game and tactics
6	<ol style="list-style-type: none"> 1. Forehand mid court volley drive 2. Backhand mid court volley drive 3. Backcourt singles game & tactics 	<ol style="list-style-type: none"> 1. Forehand mid court volley crosscourt 2. Backhand mid court volley crosscourt 3. Backcourt singles game & tactics
7	<ol style="list-style-type: none"> 1. Forehand mid court boast 2. Backhand front court drop 3. Forehand boast & backhand front court crosscourt drive game & tactics 	<ol style="list-style-type: none"> 1. Backhand mid court boast 2. Forehand front court drop 3. Backhand boast & forehand front court crosscourt drive game & tactics
8	<ol style="list-style-type: none"> 1. Forehand lob service (right box) 2. Backhand return of service 3. Left 3/4 court game and tactics 	<ol style="list-style-type: none"> 1. Forehand lob service (left box) 2. Forehand return of service 3. Right 3/4 court game and tactics
9	<ol style="list-style-type: none"> 1. Demonstration of forehand and backhand drive exam and practice 2. Scoring system, server 3. Singles (Tactic – limit unforced errors) 4. Umpiring practice 	<ol style="list-style-type: none"> 1. Demonstration of lob service exam and practice 2. Warm up time, between games, interference 3. Singles (Tactic – length of drives) 4. Umpiring practice
10	<ol style="list-style-type: none"> 1. Course notes 2. Let, second attempt 3. Singles (Tactic – width of drives) 4. Umpiring practice 	<ol style="list-style-type: none"> 1. Trial run for drive exam 2. Ball hitting opponent, turning 3. Singles (Tactic – ball hitting away from the opponent and control of T 4. Umpiring practice

11	1. Trial run for lob service exam 2. Breeding, illness and injury 3. Singles (Tactic – control of pace) 4. Umpiring practice	1. Written exam 2. Singles and umpiring practice
12	Lob service exam	Forehand drive exam
13	Backhand drive exam	1. Singles & umpiring practice 2. Course conclusions 3. Course evaluation