

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 8 progress levels for young people to work towards. When players are successful, they receive recognition for their development by being rewarded with OTWS certificates.

The awards & testing will help teachers & coaches to deliver a range of activities 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 eight levels of award, providing ability-based practice and tests from beginner through to developed player.
- Levels 1-2 can be undertaken in a hall, squash court or anywhere with free wall space. These levels are designed to offer an introduction to squash & build the confidence of a young player.
- Levels 3-8 are squash court based, to be carried out by a qualified coach or tester.
- Testers can be any qualified 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 3-6 & double yellow dot balls for levels 7-8.
- All feeding activities must be undertaken by a coach/teacher or player with the ability to deliver consistently accurate feeds for the person being tested.
- Levels 3-8 eyewear is **mandatory**.
- We have tried to be as specific as possible with the detail for each test but should you feel you need further information, or are unclear on anything, please feel free to contact us.

For questions or any feedback, please contact us via: admin@offthewallsquash.co.uk

Certificates & additional resources can be ordered online:

www.offthewallsquash.co.uk/shop



Endorsed by:

PASSIONATE ABOUT DEVELOPING SQUASH

Player Name: Tester/s:

Test Location: Date Completed:

LEVEL 1 - SKILLS (can be delivered in a hall, squash court, or any free wall space)

SKILL 1.

PASS ☐
DATE

Roll a mini squash ball along the ground for at least 5 metres towards a mini squash racket laying flat on the floor. The ball must make contact with the mini squash racket.

Complete 5 out of 6 to pass.

SKILL 2.

PASS ☐
DATE

Throw a mini squash ball into the air to at least head height, let it bounce once on the floor & catch it.

Complete 5 out of 6 to pass.

SKILL 3.

PASS ☐
DATE

Throw a mini squash ball onto a wall(*1) to at least waist height & catch it before it bounces.

Complete 5 out of 6 to pass.

SKILL 4.

PASS ☐
DATE

In pairs, throw a mini squash ball onto a wall(*1) to at least waist height, let it bounce & let your partner, of similar ability, catch it.

Complete 5 out of 6 to pass.

SKILL 5.

PASS ☐
DATE

Using a mini squash ball, play a game of beat your partner by throwing the ball underarm against a wall(*1) & within a designated floor area defined by the tester. Ball should be thrown above waist height & player wins by getting it to bounce twice before your partner can catch it or it goes out of the designated area.

Play to 5 points & first to win three games.

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

LEVEL 1 - PROGRESS SKILLS SPECIFIC INFORMATION

(*1) -

If you don'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.



Endorsed by:

PASSIONATE ABOUT DEVELOPING SQUASH

Player Name: Tester/s:

Test Location: Date Completed:

LEVEL 2 - SKILLS (can be delivered in a hall, squash court, or any free wall space)

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.

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).

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.

2 mistakes permitted over the course or start at the beginning again until completed to pass.

SKILL 4.

PASS ☐
DATE

Play a continuous solo rally against a wall in a designated area defined by the tester.

Complete 6 consecutive shots on the forehand to pass.

SKILL 5.

PASS ☐
DATE

Play a cooperative rally, with a partner of similar ability, against a wall in a designated area defined by the tester.

Complete 8 consecutive shots (4 each) to pass.

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

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. This could be undertaken outdoors if you don't have the space indoors to set up a course.



Endorsed by:

PASSIONATE ABOUT DEVELOPING SQUASH

Player Name: Tester/s:

Test Location: Date Completed:

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

SKILL 1.

PASS ☐
DATE

Play a solo rally on both the forehand & then the backhand. Player must only hit straight shots before moving to other side of the court.

Complete 6 consecutive shots on each side to pass.

SKILL 2.

PASS ☐
DATE

From a coach feed, play a straight drive from the front of the court on both forehand & backhand. Player to demonstrate a controlled racket swing & being square on to 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 cooperative rally with a partner using both backhand & forehand shots, the ball should be hit above the service line at all times.

Complete at least 6 shots each to pass.

SKILL 4.

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 pass.

“ Q: What does Best of 3 or Best of 5 mean? ”

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.



Endorsed by:

PASSIONATE ABOUT DEVELOPING SQUASH

Player Name: Tester/s:

Test Location: Date Completed:

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

SKILL 1.

PASS ☐
DATE

Player to deliver an effective service, 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.

PASS ☐
DATE

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 on each side to pass.

SKILL 3.

PASS ☐
DATE

Letting the ball bounce, return a simple coach fed service 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 on each side to pass.

SKILL 4.

PASS ☐
DATE

Coach to feed from the back of the court, a simple straight high feed to around the short line area. Player to move from the 'T' & volley the ball straight, with it landing behind the short line. Forehand & backhand.

Complete 5 out of 6 on each side to pass.

SKILL 5.

PASS ☐
DATE

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?”



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Player Name: Tester/s:

Test Location: Date Completed:

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

SKILL 1.

PASS ☐
DATE

Play a cooperative rally in the back quarter of the court, no volleys allowed. 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.

PASS ☐
DATE

Coach to hit a 3 wall boast feed. Player must move from the 'T' area to play a straight dropshot. 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.

PASS ☐
DATE

Play a continuous 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.

PASS ☐
DATE

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.

PASS ☐
DATE

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? ”



Endorsed by:

PASSIONATE ABOUT DEVELOPING SQUASH

Player Name: Tester/s:

Test Location: Date Completed:

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

SKILL 1.

Play a continuous solo figure of 8 rally with a bounce.

PASS ☐
DATE

Complete a continuous 12 shot rally to pass.

SKILL 2.

From a coach fed boast, hit an effective crosscourt lob(*4), with the ball landing on the floor before the back wall, directly behind the service box.

PASS ☐
DATE

Complete 5 out of 6 on the forehand & backhand to pass.

SKILL 3.

Play a series of solo straight drives from behind the service box, with the ball landing inside the service box.

PASS ☐
DATE

Complete 12 continuous shots on the forehand & backhand to pass.

SKILL 4.

Play a cooperative boast, straight dropshot, cross court drive practice with a player of similar ability.

PASS ☐
DATE

Complete a continuous 15 shot rally on forehand & backhand side to pass.

SKILL 5.

From a straight high feed, play a straight volley dropshot. The target area is three racket lengths from the front wall & one racket width from the sidewall.

PASS ☐
DATE

Complete 5 out of 6 on the forehand & backhand to pass.

“ Q: In a match, how long is allowed for the warm up? ”

LEVEL 6 - PROGRESS SKILLS SPECIFIC INFORMATION

(*4) –

The lob must be of high quality. For the assessment, it may help if the coach stands on the back of the service box line & the lob must go over the coach's head. The ball should 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.



Endorsed by:

PASSIONATE ABOUT DEVELOPING SQUASH

Player Name: Tester/s:

Test Location: Date Completed:

LEVEL 7 - SKILLS (must be undertaken on a squash court)

SKILL 1.

PASS ☐
DATE

Play continuous cross court volleys from side to side with the coach. Player & coach should stand on either side of the court at the back of the service box. Volleys should be cross court & above the service line.

Complete a continuous 12 shot rally on each side to pass.

SKILL 2.

PASS ☐
DATE

Coach to feed a cross court from the front quarter of the court. The player who starts from the 'T' must play a straight volley drop. The target area is 1½ racket lengths from the front wall & ½ a racket width from the side wall.

Complete 5 out of 6 on each side to pass.

SKILL 3.

PASS ☐
DATE

From a coach fed boast, play a cross court drive. The target area is 1½ racket lengths from back of service box and ½ racket width from side wall.

To pass, successfully execute 12 within target area and time target of 2 minutes.

SKILL 4.

PASS ☐
DATE

From a coach fed boast, play a straight lob. Ball to be played above the service line & land in the area behind the service box. The target area is ½ the width of the service box & the ball should not hit the back wall before bouncing.

Complete 5 out of 6 on each side to pass.

SKILL 5.

PASS ☐
DATE

Play an alley game with a player of similar ability. The ball must land in the area behind the service box. The target area is ½ the width of the service box & the ball should not hit the back wall before bouncing.

To pass, ball must land in target area at least 12 times.

SKILL 6.

PASS ☐
DATE

Player to mark one game using a scoresheet. Must show correct way of keeping score on the provided scoresheet & also be able to call out the score for both players- ensuring they're able to hear.

Coach to supervise & decide if successfully achieved.

“ Q: If a player finds the ball has burst before they serve, what happens? ”



Endorsed by:

PASSIONATE ABOUT DEVELOPING SQUASH

Player Name: Tester/s:

Test Location: Date Completed:

LEVEL 8 - SKILLS (must be undertaken on a squash court)

SKILL 1.

Play a continuous solo figure of 8 rally on the volley.

PASS ☐
DATE

Complete a continuous 12 shot rally to pass.

SKILL 2.

From a coach fed cross court, play a cross court volley drop from the short line. Target area is 1½ racket lengths from the front wall & ½ a racket width from the side wall.

PASS ☐
DATE

Complete 5 out of 6 on each side to pass.

SKILL 3.

Coach to feed a straight shot from the front quarter to the back (ball to bounce & then come off the back wall). The player must then play a long straight drop to the front. Target area is 1½ racket lengths from the front wall & ½ a racket width from the side wall.

PASS ☐
DATE

Complete 5 out of 6 on each side to pass.

SKILL 4.

From a coach fed cross court, player to hit a volley boast with the ball's first bounce landing in the opposite front corner & below the service line. Target area is 3 racket lengths from the front wall & 2 ½ a racket widths from the side wall.

PASS ☐
DATE

Complete 5 out of 6 on each side to pass.

SKILL 5.

With a player of similar ability, play a routine comprising two straight drives followed by a boast, straight drop & cross court drive. Cross court drive to land behind the short line & straight drives to land in the alley (alley is full length of the court & ½ the width of the service box).

PASS ☐
DATE

Complete a continuous 20 shot rally on each side to pass.

SKILL 6.

Play a straight length rally with the option to volley cross court to the opposite back quarter. All shots to land behind the service box within the alleys & not hit the back wall first before bouncing.

PASS ☐
DATE

Player being tested must demonstrate the ability to hit both straight lengths & cross court volley lengths consistently & within the targets described. Coach to supervise & decide if successfully achieved.

“ Q: What is the maximum time break allowed for a self inflicted injury? ”