## SOCIALLY DISTANCED GAMES AND PRACTICES



## WHAT TO PLAY WITH PEOPLE FROM DIFFERENT HOUSEHOLDS

## Socially distanced game - 'Sides'

- Both players must keep to their side of the court.
- If a player crosses into their opponent's side, they forfeit the rally.
- Players can use the full length of the court.
- Only one player serves throughout the game.
- Once a rally is complete, players switch sides and the server restarts play.
- If in breach of a safe social distance, a let must be called.
- The rules of squash/squash 57 apply.

## Socially distanced practices for more advanced players

- Cross court volleys. Both players volley the ball cross court to each other from behind the service box. Switch sides. Make it co-operative: Aim for as many volleys in a row as possible. Switch sides and see if you can beat your previous total.
- Straight to self then cross court volley. Stood behind the service box, both players play two shots, volley straight to self then cross court to your opponent. Switch sides.
- Straight lob vs straight volley drop. Front player plays straight lobs and back player plays straight volley drops. Alternate and switch sides.
- Boast vs straight drive. Front player plays straight drives. Back player boasts. Alternate.

  Make it competitive: front player can play straight or cross court, back player must always boast. First to reach 7 points wins.
- Drive or cross court drive vs boast or drop. Front player can play a straight or cross court drive. Back player can play a straight drop or boast. Alternate. Make it competitive: first to reach 7 points wins.
- Straight drop then straight drive vs straight to self then boast. Front player plays two shots, a straight drop followed by a straight drive. Back player plays two shots, a straight drive followed by a boast. Alternate.
- Straight drop then cross court deep vs straight to self then boast. Front player plays two shots, a straight drop followed by any shot cross court deep. Back player plays two shots, a straight drive followed by a boast. Alternate and switch sides.
- **Front vs back on one side.** Front player can play any straight shot deep. Back player can play a straight shot short. Alternate and switch sides.
- Front vs back on both sides. Front player can play straight or cross court. Back player must always play straight shot short. Alternate. Make it competitive: front player can play straight or cross court deep, the back player must always play straight short. First to reach 7 points wins.

Stop and restart play if in danger of breaching a safe social distance or striking your opponent with the ball.

Protective eyewear is strongly recommended for all players.

DO NOT touch the court floor or walls.

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