

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

- 1 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.*
- 2 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.
- 3 Straight lob vs straight volley drop.** Front player plays straight lobs and back player plays straight volley drops. Alternate and switch sides.
- 4 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.*
- 5 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.*
- 6 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.
- 7 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.
- 8 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.
- 9 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.

For more information, visit englandsquash.com/covid-19