



# COMMONWEALTH GAMES CHALLENGE

## WEEK 14 – SQUASH

As a team, players try to keep as many rallies going as possible in the allocated time. Each player hits the ball once and returns to the back of the queue. The longest rally wins.

This game can be adapted and played against a wall in a gym or sports hall or against a mini squash wall.

- Use throw down lines and spare wall space to set up enough courts to accommodate groups of players.
- Split the players into teams of five.
- Players should then rally continuously to see which group gets the highest score in one attempt in an allotted time period.
- The ball can bounce once on the floor or can be volleyed.
- If the ball is hit out or bounces twice players should start again from zero.
- The group should be mixed ability to accommodate all players.

