

# Squash



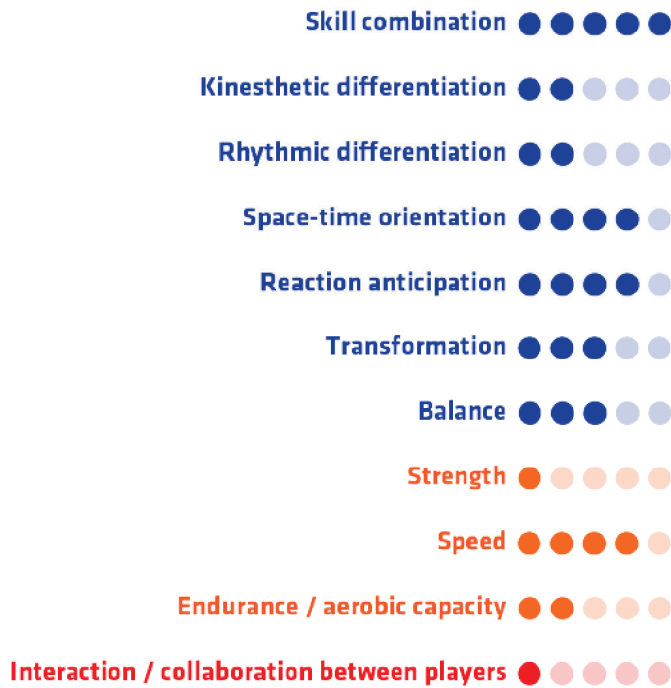
## THE GAME

In front of the wall, 3-5m away, all the players are positioned in single row. The first player throws the ball against the wall and runs to the back of the row. The second player in the row fields the ball and throws it back against the wall as quickly as possible.

The ball that bounces backwards after hitting the wall must always pass between the line of the cones, in order not to make the fielding too difficult, within the space illustrated by two cones as in the figure.

The player who misses the catch or throw, is out. Whoever stays in the game last wins.

## DEVELOPED SKILLS



## SPECIFICATIONS

Throwing and Fielding

Level of skill required



Number of players:

minimum 3



Material:

rubber ball, empty wall, cones

## VARIANTS

Instead of eliminating whoever misses the throw or catch, a penalty point is assigned and at the end of a set time, whoever has suffered the fewest penalty points wins the competition.

## SUGGESTIONS

- Depending on the skill of the players, increase or decrease the distance between the two cones to make it more difficult or easier to catch the ball after it has bounced off the wall.