

## **Activity Information**

### **Equipment:**

- Cones
- Foundation balls
- Rackets
- Stopwatch

Game	Description	Equipment
<b>Roll a cone</b>	<ul style="list-style-type: none"> <li>– Teams are lined up behind service box area facing cones.</li> <li>– First player rolls the ball aiming to hit any coloured cone. They then run to collect ball and pick up the cone if they have hit one.</li> <li>– If they hit more than one cone they only pick up one cone.</li> <li>– The ball is then passed to next team member and the cone placed in front of team.</li> </ul> <p><b>Once all cones have been hit the winners are the one with the most cones in front of them</b></p>	<p>30 – 50 cones , one foundation ball per team</p> <p>The cones are laid out across the width of court by front wall.</p>
<b>Racket Relay</b>	<ul style="list-style-type: none"> <li>– Teams are lined up by back wall facing front wall.</li> <li>– The first team member walks or runs to front wall bouncing the ball on the racket.</li> <li>– Once by front wall they hit the ball 3 times at the front wall then run back to team.</li> <li>– If the ball drops off racket on way to front wall they start again.</li> </ul> <p><b>The Winning team are first ones to have all team members complete the tasks.</b></p>	<p>One racket , one foundation ball per team</p>
<b>3 ball shuttle relay</b>	<ul style="list-style-type: none"> <li>– The teams are lined up by the back wall facing front wall and in line with the rackets.</li> <li>– The first team member runs to front wall racket and takes a ball placing it on short line racket. This is repeated for remaining two.</li> <li>– The player then runs and touches back wall returning to short line racket and one at a time placing balls back on front wall racket.</li> <li>– Once all balls on racket they run back to team and next team member then repeats until all team members have had a turn.</li> </ul> <p><b>Winners are first team to complete the task.</b></p>	<p>2 rackets, 3 foundation balls per team</p> <p>A racket is placed by the tin line with its head facing the back wall and 3 balls placed on it.</p> <p>The second racket is placed on the short line with its head facing towards front wall and in line with first.</p>

<b>Catch Rally</b>	<p>Timed event – 5 mins duration</p> <ul style="list-style-type: none"> <li>– Teams line up behind each other with first team member having the ball and 3 – 4 yards away from a wall.</li> <li>– Once games starts the player throws ball at wall and goes to back of line and second player catches the ball either on one bounce or no bounces.</li> <li>– They then throw for next player and so on.</li> <li>– The team counts how many catches they do before someone drops it.</li> <li>– If dropped the count goes back to zero and start again.</li> </ul> <p><b>Winners: At the 5 minute mark the games stops and the winners are the team with the highest number of catches in one go NOT the cumulative total.</b></p>	<p>One foundation ball per team stopwatch for marker</p>
<b>Reliable Rally</b>	<p>Timed event – 5 mins duration</p> <ul style="list-style-type: none"> <li>– Teams line up behind each other with first 2 team members each having a racket.</li> <li>– At the start the two players hit the ball to each other counting each shot as they rally. If the ball is missed or the pair reach 20 player one passes his racket to next team member to either start at zero or to carry on to the next multiple of 20.</li> <li>– The players stop at 20 to allow other team members a go otherwise some players can keep the rally going for the 5 minute period thus other team members can't contribute.</li> </ul> <p><b>Winners: At the 5 minute mark the games stops and the winners are the team with the highest number of shots in one go NOT cumulative total.</b></p>	<p>Two rackets one foundation ball per team stopwatch for marker</p>
<b>Squicket</b>	<p><b>Organisers Note: At the Festival depending on time squicket can be played on a league basis or knockout basis to determine point's allocation.</b></p> <ul style="list-style-type: none"> <li>– Two teams play each other one fielding, one batting then swap round after first team's innings.</li> <li>– The batter hits the ball to the front wall while standing near the T cone. The ball has to hit the front wall without touching the floor when struck and keep to the parameters of the squash court. They then run to one of the corner cones (one run) they can run back to T cone for second run if they want to or stay on cone and secure one run.</li> <li>– The fielders try to catch the ball or stump them on T cone to prevent the batters from scoring runs on that attempt.</li> <li>– The fielders are lined up facing the front wall behind the service box and can't move until ball is struck.</li> </ul>	<p>One racket, one foundation ball 3 cones per match.</p> <p>2 cones are placed in corners of front wall and 3<sup>rd</sup> on T.</p>

	<p>– One of the fielders is a bowler and stands facing front wall on short line, They throw the ball underarm over the front wall service line and below the out of court line. They ball 3 times to the batter and after 3 bowls both the batter and the bowler are swapped over by new team members.</p> <p><b>Winners: Once both teams have batted the total amount of runs each team have scored determines the match winners.</b></p>	
--	--	--

