

SAFE ^{Part}_{Two} SQUASH



- ★ Solo practice ★ Social distance coaching ★
- ★ Play for those from the same household ★

Straight Volley Drives

(FH – Forehand / BH – Backhand)

- 10 FH straight volley continuous from in front of service box
- 10 FH straight volley from behind service box
- 10 BH straight volley continuous from in front of service box
- 10 BH straight volley from behind service box

Mixed Drive and Volley

- 10 FH alternate drive and volley from behind service box
- 10 BH alternate drive and volley from behind service box

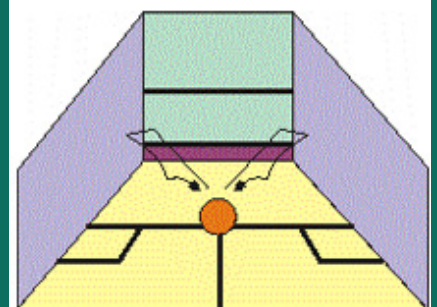
Solo Challenge

How many shots can you play continuously?

- 1) Figure of '8' front wall – with 1 bounce
- 2) Figure of '8' front wall – volley only

Please email me your scores. There is a leader board by Court 3. There is no limit to the number of goes you can have – but you must submit your first go paul.lindsay@roehamptonclub.co.uk

Figure 8 Drives



**Figure 8
no mistakes**