

Prompt: "Design a 60-minute squash session to improve my cross lob"



The session type isn't clear from your query.

Please choose one of the following: drill, conditioned_game, solo, ghosting, mix

Your choice (or press Enter to use 'conditioned_game'): drill

Duration: 60 min

Session Focus: Improvement of defensive cross lob

Warm-up (total 10 min)

1. Boast – Drive – Drop – Drive for 2 min 30 sec
 2. Boast – Drive 2 shots (keep same positions) for 2 min 30 sec
- Switch roles and repeat the exercises above

Session

Exercise 1 (9 min 30 sec)

- Boast – Cross Lob 2 shots – 4 min (Forehand side, Role switch at 2 min)
- Boast – Cross Lob 2 shots – 4 min (Backhand side, Role switch at 2 min)

Rest 1 min 30 s

Exercise 2 (9 min 30 sec)

- Boast – Cross with options from the back – 4 min (Forehand side, Role switch at 2 min)
- Boast – Cross with options from the back – 4 min (Backhand side, Role switch at 2 min)

Rest 1 min 30 s

Exercise 3 (9 min 30 sec)

- Boast – Cross with options – 4 min (Forehand side, Role switch at 2 min)
- Boast – Cross with options – 4 min (Backhand side, Role switch at 2 min)

Rest 1 min 30 s

Exercise 4 (9 min 30 sec)

- Boast – Cross Lob – FH Soft Volley Deep Drive – 3 min (Forehand side, Role switch at 1 min 30 s)
- Boast – Cross Lob – BH Soft Volley Deep Drive – 3 min (Backhand side, Role switch at 1 min 30 s)

Rest 1 min 30 s

Conditioned Game (optional, time allowing)

First to 15 points Free Game

Condition: the response to any short shot has to be a cross lob

Win 2 points if you win the rally with a Lob (winner or unforced error)

End of session.