Type: conditioned game

Participants: 2

Duration: 60min

Is\_general: false

PrimaryShots: 2-wall boast, 3-wall boast, straight drive

SecondaryShots: trickle boast, straight drive, deep drive, straight kill, straight drop, counter drop

ShotTypes: boast

ShotSide: forehand, backhand

squashLevel: Medium

Intensity: Medium

Fitness: Medium

Intensity: Medium

Leg workout: Medium

Arm workout: Medium

Support doc: Null

Focus: Strategic Application of Both 2-Wall and 3-Wall Boasts within a Driving Game

Rest time between exercises: 1min30sec

## WARM-UP (10min)

* *2min30sec*: **Boast – Drive – Drop – Drive** (Sequence: Player A boasts → Player B drives → Player A drops → Player B drives)
* *2min30sec*: **Boast – Drive 2 shots** (keep same positions) (Sequence: Player A drives and then plays a boast (2 shots) → Player B drops and then plays a drives (2 shots)

Switch roles and repeat the exercises above

## SESSION

Conditioned Game 1

* First to 7 points (forehand): **Deep Drives** (rules: first bounce of the ball on the floor must land behind the T-line)
* First to 7 points (backhand): **Deep Drives** (rules: first bounce of the ball on the floor must land behind the T-line)

Conditioned Game 2

* First to 9 points (forehand): **Deep Drives with Boast** (rules: first bounce of the ball on the floor must land behind the T-line. If you are in front of your opponent, you can play a boast. The response after the boast must be a deep cross)
* First to 9 points (backhand): **Deep Drives with Boast** (rules: first bounce of the ball on the floor must land behind the T-line. If you are in front of your opponent, you can play a boast. The response after the boast must be a deep cross)

Conditioned Game 3

* First to 9 points (forehand): **Alley Game with Boast** (rules: first bounce of the ball on the floor must land behind the T-line. If you are in front of your opponent, you can play a boast. The response after the boast must be a cross)
* First to 9 points (backhand): **Alley Game with Boast** (rules: first bounce of the ball on the floor must land behind the T-line. If you are in front of your opponent, you can play a boast. The response after the boast must be a cross)

Conditioned Game 4

* First to 11 points (both sides): **Length Game with Boast** (rules: first bounce of the ball on the floor must land behind the T-line. If you are in front of your opponent, you can play a boast. The response after the boast must be a deep shot)

Conditioned Game 5

* First to 11 points (both sides): **Free Game** (rules: If you win a rally with a boast and you were in front of your opponent you get 2 points)

## **End of session.**