Type: conditioned game

Participants: 2

Duration: 45min

Is\_general: true

PrimaryShots: volley straight drive, counter drop

SecondaryShots: straight kill, cross kill, straight drive, straight drop, cross drop, cross lob, straight lob, cross wide, cross deep

ShotTypes: volley, drive, cross, lob, drop, boast

ShotSide: forehand, backhand

squashLevel: Advanced

Intensity: High

Fitness: Medium

Leg workout: High

Arm workout: Medium

Support doc: Null

Focus: Mastering high variations of deep shots from the front of the court and high variations of short shots from the back of the court. Mastering Dynamic Role Reversal via Volley Straight Interception and Strategic Counter-Dropping

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 9 points (forehand): **Front versus Back with Kills** (rules: Player A must play every shot second bounce behind the line. Player B must play only short soft shots, i.e. boasts and drops)
* First to 9 points (backhand): **Front versus Back with Kills** (rules: Player B must play every shot second bounce behind the line. Player A must play only short soft shots, i.e. boasts and drops)

Conditioned Game 2

* First to 11 points: **Front versus Back with Kills and Volley Drive** (rules: Player A must play every shot second bounce behind the line. Player B must play only short soft shots, i.e. boasts and drops. However, if Player B manages to volley, a volley straight drive can be played and both players change roles until the person in the back decides to play a volley straight drive again or the rally is over. Every rally you change the player starting at the back)
* First to 11 points: **Front versus Back with Kills and Volley Drive** (rules: Player B must play every shot second bounce behind the line. Player A must play only short soft shots, i.e. boasts and drops. However, if Player A manages to volley, a volley straight drive can be played and both players change roles until the person in the back decides to play a volley straight drive again or the rally is over. Every rally you change the player starting at the back)

Conditioned Game 3

* First to 9 points: **Front versus Back with Kills with One Counter** (rules: Player A must play every shot second bounce behind the line. Once per rally Player A can play a straight counter drop. Player B must play only short soft shots, i.e. boasts and drops)
* First to 9 points: **Front versus Back with Kills with One Counter** (rules: Player B must play every shot second bounce behind the line. Once per rally Player B can play a straight counter drop. Player A must play only short soft shots, i.e. boasts and drops)

## **End of session.**