Type: conditioned game

Participants: 2

Duration: 60min

Is\_general: true

PrimaryShots: null

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.

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 Deep Shots Only** (rules: Player A must play every shot first 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 Deep Shots Only** (rules: Player B must play every shot first bounce behind the line. Player A must play only short soft shots, i.e. boasts and drops)

Conditioned Game 2

* 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 3

* First to 9 points (forehand): **Front versus Back with Kills and One 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, but one time per rally can play a straight drive)
* First to 9 points (backhand): **Front versus Back with Kills and One 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, but one time per rally can play a volley straight drive)

Conditioned Game 4

* First to 9 points (forehand): **Front versus Back with Kills and One 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, but one time per rally can play a volley straight drive)
* First to 9 points (backhand): **Front versus Back with Kills and One 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, but one time per rally can play a volley straight drive)

## **End of session.**