Type: conditioned game

Participants: 2

Duration: 60min

Is\_general: false

PrimaryShots: straight drive, straight drop

SecondaryShots: straight kill, straight drop, counter drop, straight lob

ShotTypes: volley, drive, lob, drop

ShotSide: forehand

squashLevel: Advanced

Intensity: Medium

Fitness: Medium

Leg workout: Medium

Arm workout: Medium

Support doc: Null

Focus: Mastering Forehand Straight Game Strategy and Execution within Defined Frontwall Zones, specifically targeting different shot heights from low to high.

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): **Straight Drives** (rules: Player A can play on Zone 1 and Zone 2. Player B can use Zone 2 and Zone 3)
* First to 7 points (forehand): **Straight Drives** (rules: Player A can play on Zone 2 and Zone 3. Player B can use Zone 1 and Zone 2)

Conditioned Game 2

* First to 7 points (forehand): **Straight Drives with Volley Drop** (rules: Both players can play on Zone 2 and Zone 3. Player A can play volley straight drop. The response to the volley straight drop must be a straight lob)
* First to 7 points (forehand): **Straight Drives with Volley Drop** (rules: Both players can play on Zone 2 and Zone 3. Player B can play volley straight drop. The response to the volley straight drop must be a straight lob)

Conditioned Game 3

* First to 7 points (forehand): **Straight Drives with Drop** (rules: Both players can play on Zone 2 and Zone 3. Player A can play straight drop if the ball bounced. The response to the volley straight drop must be a straight lob)
* First to 7 points (forehand): **Straight Drives with Drop** (rules: Both players can play on Zone 2 and Zone 3. Player B can play straight drop if the ball bounced. The response to the volley straight drop must be a straight lob)

Conditioned Game 4

* First to 7 points (forehand): **Straight Drives with Drop and Counter** (rules: Both players can play on Zone 2 and Zone 3. Player A can play straight drop if the ball bounced. The response to the volley straight drop must be a straight lob or a counter drop)
* First to 7 points (forehand): **Straight Drives with Drop and Counter** (rules: Both players can play on Zone 2 and Zone 3. Player B can play straight drop if the ball bounced. The response to the volley straight drop must be a straight lob or a counter drop)

Conditioned Game 5

* First to 11 points (forehand): **Alley Game**

## **End of session.**

## INSTRUCTIONS

***Definition of Zones on the Front Wall –*** *When you look at the front wall you could separate it into 3 different zones:*

1. *The bottom one (Zone 1) ⇒ Drop, kill, very hard drive area*
2. *The middle one (Zone 2) ⇒ Normal and deep drive area*
3. *The top one (Zone 3) ⇒ Lob area*