Type: conditioned game

Participants: 2

Duration: 60min

Is\_general: false

PrimaryShots: straight drive, cross lob

SecondaryShots: straight kill, deep drive, hard drive, straight drop, counter drop

ShotTypes: drive, drop, volley, cross

ShotSide: forehand, backhand

squashLevel: Medium

Intensity: Medium

Fitness: Medium

Intensity: Medium

Leg workout: Medium

Arm workout: Medium

Support doc: Null

Focus: Developing Foundational Straight Game Control and Strategic Cross Lob Application.

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

Condition Game 1

* *First to 11 points* (forehand): **Drives No Volleys** (rules: each player has to place at least one foot on the T line after hitting their shot. If a player hits a shot and did not go back to the t-line before then the point is automatically lost. Kills are allowed)
* *First to 11 points* (backhand): **Drives No Volleys** (rules: each player has to place at least one foot on the T line after hitting their shot. If a player hits a shot and did not go back to the t-line before then the point is automatically lost. Kills are allowed)

Condition Game 2

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

Condition Game 3

* *First to 11 points* (both sides): **Alley Game with Lob Cross from the front**
* *First to 11 points* (both sides): **Alley Game with Lob Cross from the back**

Condition Game 4

* *First to 11 points:* **Free Game** (rules: if squeeze your opponent with a straight shot, i.e. the ball was too tight against the side wall, then you win 2 points)

## **End of session.**