Type: conditioned game

Participants: 2

Duration: 60min

Is\_general: false

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

SecondaryShots: deep drive, hard drive, straight lob

ShotTypes: drive, drop

ShotSide: forehand, backhand

squashLevel: Medium

Intensity: Medium

Fitness: Medium

Leg workout: Medium

Arm workout: Medium

Support doc: Null

Focus: Mastering the Strategic Interplay of Short Boasts and Deep Drives, with an Emphasis on 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

Condition Game 1

* *First to 7 points*: **Boast – Drive** (rules: Player A plays boasts under the service line only. Player B plays drives behind the T-line)
* *First to 7 points*: **Boast – Drive** (rules: Player B plays boasts under the service line only. Player A plays drives behind the T-line)

Condition Game 2

* *First to 7 points*: **Boast – Drive with One Extra Drive** (rules: Player A plays boasts under the service line only, but is allowed to play 1 straight drive per rally. Player B plays drives behind the T-line)
* *First to 7 points*: **Boast – Drive with One Extra Drive** (rules: Player B plays boasts under the service line only, but is allowed to play 1 straight drive per rally. Player A plays drives behind the T-line)

Condition Game 3

* *First to 9 points*: **Boast – Drive with One Counter** (rules: Player A plays boasts under the service line only, but can counter drop if Player B plays a drop. Player B plays drives behind the T-line , but is allowed to play 1 counter drop per rally)
* *First to 9 points*: **Boast – Drive with One Counter** (rules: Player B plays boasts under the service line only,but can counter drop if Player A plays a drop. Player A plays drives behind the T-line, but is allowed to play 1 counter drop per rally)

Condition Game 4

* *First to 9 points*: **Boast – Drive with Counters** (rules: Player A plays boasts under the service line only, but can counter drop if Player B plays a drop. Player B can play a straight drive behind the line or counter drops)
* *First to 9 points* (both sides): **Boast – Drive with Counters (**rules: Player B plays boasts under the service line only,but can counter drop if Player A plays a drop. Player A can play a straight drive behind the line or counter drops

Condition Game 5

* *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.**