Type: conditioned game

Participants: 2

Duration: 60min

Is\_general: true

PrimaryShots: null

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

ShotTypes: drive, drop, cross, volley, lob

ShotSide: forehand, backhand

squashLevel: Advanced

Intensity: High

Fitness: Medium

Leg workout: High

Arm workout: Medium

Support doc: Null

Focus: Mastering the Strategic Dynamics and Shot Execution in Cross-Court vs. Straight-Court Rallies.

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 11 points: **Cross versus Straight** (rules: Player A is restricted to playing cross-court shots only. Player B is restricted to playing straight shots only)
* First to 11 points: **Cross versus Straight** (rules: Player B is restricted to playing cross-court shots only. Player A is restricted to playing straight shots only)

Conditioned Game 2

* First to 11 points: **Cross with Boast versus Straight** (rules: Player A is restricted to playing cross-court shots and boasts only. Player B is restricted to playing straight shots only)
* First to 11 points: **Cross with Boast versus Straight** (rules: Player B is restricted to playing cross-court shots and boasts only. Player A is restricted to playing straight shots only)

Conditioned Game 3

* First to 11 points: **Cross with versus Straight Drives with Kills** (rules: Player A is restricted to playing cross-court shots and boasts only. Player B is restricted to playing straight shots excluding drops)
* First to 11 points: **Cross with versus Straight Drives with Kills** (rules: Player B is restricted to playing cross-court shots and boasts only. Player A is restricted to playing straight shots excluding drops)

## **End of session.**