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: Beginner

Intensity: Medium

Fitness: Medium

Intensity: Medium

Leg workout: Medium

Arm workout: Medium

Support doc: Null

Focus: Developing Foundational Shot Placement and Court Spatial Awareness through Zonal Play.

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*: **Cross Game** (rules: Player A is restricted to playing shots that land and stay within the right side of the court. Player B is restricted to playing shots that land and stay within theleft side of the court.)
* *First to 11 points*: **Cross Game** (rules: Player B is restricted to playing shots that land and stay within the right side of the court. Player A is restricted to playing shots that land and stay within theleft side of the court.)

Condition Game 2

* *First to 11 points* (forehand): **Halfcourt**
* *First to 11 points* (backhand): **Halfcourt**

Condition Game 3

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

Condition Game 4

* *First to 11 points*: **Free Game**
* *First to 11 points*: **Free Game**

## 

## **End of session.**