Type: conditioned game

Participants: 2

Duration: 60min

Is\_general: false

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

SecondaryShots: straight drive, hard drive, cross wide, cross kill

ShotTypes: drive, drop, cross, volley, lob

ShotSide: forehand, backhand

squashLevel: Medium

Intensity: Medium

Fitness: Medium

Intensity: Medium

Leg workout: Medium

Arm workout: Medium

Support doc: Null

Focus: Mastering the Boast-Cross-Drive Rally Pattern to Force Maximum Diagonal Court Coverage and Strategic Cross-Court Volley Interception

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 9 points* (forehand): **Boast – Cross – Drive** (rules: you must follow the pattern/sequence. Kills are allowed for deep shots)
* *First to 9 points* (backhand): **Boast – Cross – Drive** (rules: you must follow the pattern/sequence. Kills are allowed for deep shots)

Conditioned Game 2

* *First to 9 points* (forehand): **Boast – Cross – Drive with Counters** (rules: You must follow the pattern/sequence Boast – Cross – Drive. Kills are allowed for deep shots. After a boast players can counter straight as many times as they want until someone plays the cross)
* *First to 9 points* (backhand): **Boast – Cross – Drive with Counters** (rules: You must follow the pattern/sequence Boast – Cross – Drive. Kills are allowed for deep shots. After a boast players can counter straight as many times as they want until someone plays the cross)

Conditioned Game 3

* *First to 9 points* (forehand): **Boast – Cross – Drive with Counters & 1 Additional Drive** (rules: You must follow the pattern/sequence Boast – Cross – Drive. Kills are allowed for deep shots. After a boast players can counter straight as many times as they want until someone plays the cross. 1 time per rally you can break the pattern with an additional drive)
* *First to 9 points* (backhand): **Boast – Cross – Drive with Counters & 1 Additional Drive** (rules: You must follow the pattern/sequence Boast – Cross – Drive. Kills are allowed for deep shots. After a boast players can counter straight as many times as they want until someone plays the cross. 1 time per rally you can break the pattern with an additional drive)

Conditioned Game 4

* *First to 11 points* (forehand): **Diagonale Game** (rules: the ball first bounce must land in the designated areas)
* *First to 11 points* (backhand): **Diagonale Game** (rules: the ball first bounce must land in the designated areas)

## **End of session.**