Type: conditioned game

Participants: 2

Duration: 90min

Is\_general: true

PrimaryShots: null

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

ShotTypes: volley, drive, cross, lob, drop, boast

ShotSide: forehand, backhand

squashLevel: Medium

Intensity: Medium

Fitness: Medium

Intensity: Medium

Leg workout: Medium

Arm workout: Medium

Support doc: Null

Focus: Mastering Court Control and Strategic Shot Placement 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

Conditioned Game 1

* First to 11 points (both sides): **Length Game** (rules: second bounce of the ball on the floor must land behind the T-line.)

Conditioned Game 2

* First to 11 points: **2-Zones Game** (rules: Player A can play balls that can only land in the back and front right of the court. Player B can play in the back right and front left of the court)
* First to 11 points: **2-Zones Game** (rules: Player B can play balls that can only land in the back and front right of the court. Player A can play in the back right and front left of the court)

Conditioned Game 3

* First to 11 points: **2-Zones Game** (rules: Player A can play balls that can only land in the back and front left of the court. Player B can play in the back left and front right of the court)
* First to 11 points: **2-Zones Game** (rules: Player B can play balls that can only land in the back and front left of the court. Player A can play in the back left and front right of the court)

Conditioned Game 3

* First to 11 points: **3-Zones Game** (rules: Player A cannot play balls which land in the front left of the court. Player B cannot play balls which land in the front right of the court)
* First to 11 points: **3-Zones Game** (rules: Player B cannot play balls which land in the front left of the court. Player A cannot play balls which land in the front right of the court)

## **End of session.**