Type: conditioned game

Participants: 2

Duration: 60min

Is\_general: true

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

SecondaryShots: straight kill, cross kill, straight drive

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: Developing a Dominant Deep Length Game, Complemented by Strategic and Precise Short Attack Deployment

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 (deep only)

* First to 7 points (forehand): **Deep Drives** (rules: first bounce of the ball on the floor must land behind the T-line)
* First to 7 points (backhand): **Deep Drives** (rules: first bounce of the ball on the floor must land behind the T-line)

Conditioned Game 2

* First to 11 points (both sides): **Length Game with 1 Straight Drop** (rules: 2nd bounce of the ball on the floor must land behind the T-line. Each player can play a straight drop off the bounce one time per rally. The response after the drop must be a deep)

Conditioned Game 2

* First to 11 points (both sides): **Length Game with 1 Boast** (rules: second bounce of the ball on the floor must land behind the T-line. Each player can play a boast off the bounce one time per rally. The response after the drop must be a deep)

Conditioned Game 4

* First to 11 points (both sides): **Length Game with 1 Volley Straight Drop** (rules: second bounce of the ball on the floor must land behind the T-line. Each player can play a volley straight drop per rally. The response after the drop must be a deep)
* First to 11 points (both sides): **Length Game with 1 Volley Cross Drop** (rules: second bounce of the ball on the floor must land behind the T-line. Each player can play a volley straight drop per rally. The response after the drop must be a deep)

Conditioned Game 5

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

## **End of session.**