Type: conditioned game

Participants: 2

Duration: 60min

Is\_general: true

PrimaryShots: null

SecondaryShots: volley straight drive, volley cross, volley hard cross, volley hard drive, straight kill, cross kill, hard drive, hard cross, deep drive, deep cross, volley straight drop, straight lob, cross lob

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 Precision and Strategic Exploitation within Diverse 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* (both sides): **Length Game With Kill** (rules: second bounce needs to land behind the T line)
* *First to 11 points* (both sides): **Length Game With Kill & Volley Straight Drop** (rules: second bounce needs to land behind the T line and if volley you can attack using a volley straight drop. The following shot can either be a straight drop or any deep shot)

Condition Game 2

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

Condition Game 3

* *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)

Condition Game 4

* *First to 11 points* (forehand): **3/4**
* *First to 11 points* (backhand): **3/4**

## **End of session.**