Type: conditioned game

Participants: 2

Duration: 45min

Is\_general: false

PrimaryShots: cross lob, straight lob

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, 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: Mastering Lob-Based Rally Control. Employing Height (lob cross and straight lob) Strategically for Attack and Defense

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

## 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 7 points* (forehand)*:* **Drives** (rules: ball must land in the alley and kills allowed)
* *First to 7 points* (backhand)*:* **Drives** (rules: ball must land in the alley and kills allowed)

Condition Game 2

* *First to 9 points* (both sides): **Above The Service Line** (rules: play every shot above the service line on the front wall)

Condition Game 3

* *First to 11 points* (both sides): **Alley Game with Lob Cross from the front**

Condition Game 4

* *First to 11 points* (both sides): **Diagonal Game with Straight Lob from the front**

Condition Game 5

* *First to 11 points:* **Free Game** (rules: win 2 points if you win the rally with a Lob, i.e. winner or unforced error. Or win 2 points if you play a lob and win the rally with your

## **End of session.**