Type: conditioned game

Participants: 2

Duration: 60min

Is\_general: true

PrimaryShots: straight drive, deep cross, straight drop

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

ShotTypes: volley, drive, cross, lob, drop

ShotSide: forehand, backhand

squashLevel: Beginner

Intensity: Medium

Fitness: Medium

Leg workout: Medium

Arm workout: Medium

Support doc: Null

Focus: Mastering Foundational Depth, Height, and Halfcourt Control for Beginner Rally Consistency

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 (forehand): **Drives** (rules: ball second bounce must land behind the line)
* First to 11 points (backhand): **Drives** (rules: ball second bounce must land behind the line)

Conditioned Game 2

First to 11 points (both sides): **Length Game** (rules: ball second bounce must land behind the line)

Conditioned Game 2

* First to 11 points (both sides): **Length Game** (rules: ball second bounce must land behind the line)

Conditioned Game 3

* *First to 11 points* (both sides): **Above The Service Line** (rules: play every shot above the service line on the front wall)

Conditioned Game 4

* First to 11 points (forehand): **Forehand Side** (rules: Half court. Play only on the right side of the court, short or long)
* First to 11 points (backhand): **Backhand Side** (rules: Half court. Play only on the left side of the court, short or long)

Condition Game 5

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

**End of session.**