Type: conditioned game

Participants: 2

Duration: 60min

Is\_general: true

PrimaryShots: straight drive, straight drop, cross deep, cross drop, deep cross, deep drive

SecondaryShots: 2-wall boast, 3-wall boast, straight kill, hard drive, hard cross, straight lob, cross lob

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

ShotSide: forehand, backhand

squashLevel: Intermediate

Intensity: High

Fitness: Medium

Leg workout: High

Arm workout: Medium

Support doc: Null

Focus: Developing strategic and technical skills required to consistently win rallies while operating under significant court and shot-type restrictions, against an opponent with full court access

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: **Open versus Halfcourt right side** (rules: Player A can play everywhere. Player B is restricted to playing shots that land and stay within the right side of the court)
* First to 11 points: **Open versus Halfcourt right side** (rules: Player B can play everywhere. Player C is restricted to playing shots that land and stay within the right side of the court)

Conditioned Game 2

* First to 11 points: **Open versus Halfcourt left side** (rules: Player A can play everywhere. Player B is restricted to playing shots that land and stay within the left side of the court)
* First to 11 points: **Open versus Halfcourt left side** (rules: Player B can play everywhere. Player A is restricted to playing shots that land and stay within the left side of the court)

Conditioned Game 3

* First to 11 points: **Open versus Straight Shots** (rules: Player A can play everywhere. Player B is restricted to playing straight shots only)
* First to 11 points: **Open versus Straight Shots** (rules: Player B can play everywhere. Player A is restricted to playing straight shots only)

Conditioned Game 4

* First to 11 points: **Open versus Back** (rules: Player A can play everywhere. Player B is restricted to playing deep shots behind the T-line only)
* First to 11 points: **Open versus Back** (rules: Player B can play everywhere. Player A is restricted to playing deep shots behind the T-line only)

## **End of session.**