Type: conditioned game

Participants: 2

Duration: 60min

Is\_general: false

PrimaryShots: straight drive, cross deep, cross kill, volley cross, volley cross kill, volley hard cross, hard cross

SecondaryShots: deep drive, straight lob, hard drive

ShotTypes: volley, drive, cross, lob, drop

ShotSide: forehand, backhand

squashLevel: Medium

Intensity: Medium

Fitness: Medium

Intensity: Medium

Leg workout: Medium

Arm workout: Medium

Support doc: Null

Focus: Mastering Deep Drive Foundations and Strategic Cross-Court Attack Combinations

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 (kill allowed)

* First to 9 points (forehand): **Drives with Kills** (rules: second bounce of the ball on the floor must land behind the T-line)
* First to 9points (backhand): **Drives with Kills** (rules: second bounce of the ball on the floor must land behind the T-line)

Conditioned Game 3 (deep only)

First to 7 points (both sides): **Drive – Drive – Cross** (rules: players must switch their cross side every rally)

Conditioned Game 4 (kill allowed)

First to 9 points (both sides): **Drive – Drive – Cross with Kills** (rules: players must switch their cross side every rally and kills are allowed)

Conditioned Game 5 (kill allowed)

First to 9points (forehand): **Drives with Cross** (rules: a player can cross if (s)he positioned in front of their opponent)

First to 9points (backhand): **Drives with Cross** (rules: a player can cross if (s)he positioned in front of their opponent)

## **End of session.**