Type: conditioned game

Participants: 2

Duration: 60min

Is\_general: false

PrimaryShots: volley straight drive, straight drop, straight lob, volley straight drop

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

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 the Straight Game through Patterned Play, Strategic Lob-Based Rally Control, and Effective Volley Straight Interception

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 9 points (forehand): **Straight Lob – Drive – Drop** (rules: Players must follow the sequence)
* First to 9 points (backhand): **Straight Lob – Drive – Drop** (rules: Players must follow the sequence)

Conditioned Game 2 (deep only)

* First to 9 points (forehand): **Drives with Straight Drop from the back and Straight Lob** (rules: Players must play straight drives behind the line. If you are standing behind your opponent and the ball bounced on the floor, you can play a straight drop. The response after the drops must be a straight lob)
* First to 9 points (forehand): **Drives with Volley Straight Drop and Straight Lob** (rules: Players must play deep shots behind the T-line. You can play a volley straight drop if you are standing in front of your opponent. The response after the drops must be a straight lob)

Conditioned Game 3

* First to 9 points (both sides): **Length Game with Straight Drop from the back and Straight Lob** (rules: Players must play straight drives behind the line. If you are standing behind your opponent and the ball bounced on the floor, you can play a straight drop. The response after the drops must be a straight lob)
* First to 9 points (both sides): **Length Game with Volley Straight Drop and Straight Lob** (rules: Players must play deep shots behind the T-line. You can play a volley straight drop if you are standing in front of your opponent. The response after the drops must be a straight lob)

Conditioned Game 4

* First to 11 points (both sides): **Straight Lob – Deep – Short** (rules: Players must follow the sequence. Deep shots must land behind the T-line. Short Can be any boasts or drops)
* First to 11 points (both sides): **Straight Lob – Deep with Kills – Short** (rules: Players must follow the sequence. Deep shots must have their second bounce landing behind the T-line. Short can be any boasts or drops)

Conditioned Game 5

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

## **End of session.**