Type: conditioned game

Participants: 2

Duration: 60min

Is\_general: true

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

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

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 Strategic Shot Variation and All-Court Movement through Progressive Zonal and Learning to move the opponent around the court.

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

Conditioned Game 2

* *First to 11 points* (forehand): **Alley Game** (rules: Play only on the right side of the court, short or long, but in the alley delimited by the service box)
* *First to 11 points* (backhand): **Alley Game** (rules: Play only on the left side of the court, short or long, but in the alley delimited by the service box)

Conditioned Game 3

* *First to 11 points* (forehand): **Diagonale Game** (rules: the ball first bounce must land in the designated areas)
* *First to 11 points* (backhand): **Diagonale Game** (rules: the ball first bounce must land in the designated areas)

Conditioned Gamed 4

* *First to 11 points* (both sides): **Never Twice In The Same Square** (rules: you are not allowed to play 2 times in a row in the same area of the court)

Conditioned Gamed 5

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

## **End of session.**