*Duration: approx. 60-70min*

*Focus of the session:*

1. *Low and big lunge before hitting the shot* (Over-exagerate the lunge)
2. *moving smoothly without adding unnecessary steps*

Instructions:

* Control your movement pace at all times (50/60% pace), never accelerate (it’s fine if the ball bounces twice)
* Max steps allowed per shot: 3 steps (3 steps in and 3 steps out)
* It is important to lunge properly, especially in the front. Do not sacrifice your lunge for speed
* Take the following exercises as “ghosting” exercises with the ball

The session

1. warm-up (10min)
2. Exercise 1 (12min)
3. Exercise 2 (12min)
4. Exercise 3 (8min)

## **Warm-up (soft quality ghosting)**

Instruction: Make sure you ghost properly before transferring your movement to a good quality ghosting with the ball

1. 5x FH 3-step ghosting with open stance (front right)
2. 5x FH 3-step ghosting with traditional stance (front right)
3. 5x BH 3-step ghosting with open stance (front left)
4. 5x BH 3-step ghosting with traditional stance (front left)
5. 5x FH 3-step ghosting with open stance (back right)
6. 5x FH 3-step ghosting with traditional stance (back right)
7. 5x BH 3-step ghosting with open stance (back left)
8. 5x BH 3-step ghosting with traditional stance (back left)

## 

## **Session**

Exercise 1(continuous - 2x6min)

1. *2min* **Boast-drive** (traditional stance ghosting for both players. Whether you need to do 1, 2 or 3 steps to the ball, the last one has to be a traditional lunge)
2. *2min* **Boast-drive** (same with open stance)
3. 2min **Boast-drive-drop-drive** (now both players alternate open and traditional stance)

*Switch roles*

1min30sec **rest**

Exercise 2 (continuous)

* *2min* **FH** **Drop–drive** (open stance)
* 2min **FH** **Drop–drive** (traditional stance)
* 2min **FH** **Drop–drive** (alternate lunges: open and traditional stances)

Quick drink allowed (approx 30sec)

*Switch roles*

1min30sec **rest**

Exercise 2 (continuous - 2x6min)

* *2min* **BH** **Drop–drive** (open stance)
* 2min **BH** **Drop–drive** (traditional stance)
* 2min **BH** **Drop–drive** (alternate lunges: open and traditional stances)

Quick drink allowed (approx 30sec)

*Switch roles*

1min30sec **rest**

Exercise 3 (continuous boast-drive variant - 2x4min)

* *2min* **Boast-Cross-Boast-Drive** (traditional stances only)
* *2min* **Boast-Cross-Boast-Drive** (open stances only)

Switch roles

1min30sec **rest**

## **End of session.**