Type: drill

Participants: 2

Duration: 60min

SpecificShots: cross lob  
Shots: lob

ShotSide: forehand, backhand

squashLevel: Advanced

Intensity: Medium

Fitness: Medium

Intensity: Medium

Leg workout: Medium

Arm workout: Medium

Focus: learn to use defensive cross lob to give yourself time to go back on the T

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**

Exercise 1 (9min30sec)

*4min* (forehand side)*:* **Boast – Cross 2 shots**

* Player A: plays straight drive then boast
* Player B: plays straight drop then lob cross

*4min* (forehand side, but switch roles)*:* **Boast – Cross Lob 2 shots**

* Player A: plays straight drop then lob cross
* Player B: plays straight drive then boast

Exercise 2 (9min30sec)

*4min* (backhand side)*:* **Boast – Cross Lob 2 shots**

* Player A: plays straight drive then boast
* Player B: plays straight drop then lob cross

*4min* (backhand side, but switch roles)*:* **Boast – cross lob 2 shots**

* Player A: plays straight drop then lob cross
* Player B: plays straight drive then boast

Exercise 3 9min30sec)

*4min* (forehand side)*:* **Boast – Cross with options from the back**

* Start drill with a boast
* Player A (stays in the back only): boast or straight drive
* Player B responses: lob cross (if Player A played a boast) OR straight drive (if player A played a straight drive)

*4min* (forehand side, but switch roles)*:* **Boast – Cross with options from the back**

Exercise 4 (9min30sec)

*4min* (backhand side)*:* **Boast – Cross with options from the back**

* Start drill with a boast
* Player A (stays in the back only): boast or straight drive
* Player B responses: lob cross (if Player A played a boast) OR straight drive (if player A played a straight drive)

*4min* (backhand side, but switch roles)*:* **Boast – Cross with options from the back** (switch roles)

Exercise 5 (9min30sec)

*4min* (forehand side) **Boast – Cross with options**

* Start drill with a boast
* From the back: both players can play a boast or a straight drive
* From the front: both players can play a straight drop or a lob cross

*4min* (backhand side, same rules as above) **Boast – Cross with options**

Exercise 6 (optional)

First to 15 points **Free Game**

* **Condition:** the response to any short shot has to be a cross lob
* Win 2 points if you win the rally with a Lob (winner or unforced error)

## **End of session.**