*Duration: approx. 60-70min*

The session (focus: Using cross lob from the front to alleviate pressure)

1. warm-up (10min)
2. Exercise 1 (9min30)
3. Exercise 2 (9min30)
4. Exercise 3 (9min30)
5. Exercise 4 (9min30)
6. Exercise 5 (9min30)
7. Exercise 6 (15 points)

## **Warm-up**

1. *2min30sec* **Boast-drive-drop-drive** (Instructions: Player A boasts ⇒ Player B drives ⇒ Player A drops ⇒ Player B drives)
2. *2min30sec* **Boast-drive 2 shots with height** (Instructions: Player A drives and then Player A boasts ⇒ Player B drops and then Player B plays straight lob)
3. *2min30sec* **Boast-drive-drop-drive** (Player A and B switch roles)
4. *2min30sec* **Boast-drive 2 shots with height** (Player A and B switch roles)

## 

## **Session**

Exercise 1

*4min* **Boast–cross 2 shots** (Forehand side)

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

*4min* **Boast–cross lob 2 shots** (Switch roles)

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

1min30sec **rest**

Exercise 2

*4min* **Boast–cross lob 2 shots** (Backhand side)

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

*4min* **Boast–cross lob 2 shots** (Switch roles)

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

1min30sec **rest**

Exercise 3

*4min* **Boast-Cross with options from the back** (Backhand side)

* Start drill with a boast
* Player A (back only): boast or straight drive
* Player B: Lob cross (if responding to a boast) or straight drive (if straight drive)

*4min* **Boast-Cross with options from the back** (switch roles)

1min30sec **rest**

Exercise 4

*4min* **Boast-Cross with options from the back** (Backhand side)

* Start drill with a boast
* Player A (back only): boast or straight drive
* Player B: Lob cross (if responding to a boast) or straight drive (if straight drive)

*4min* **Boast-Cross with options from the back** (switch roles)

1min30sec **rest**

Exercise 5

*4min* **Boast-Cross with options** (FH side)

* Start drill with a boast
* From the back: boast or straight drive
* From the front: straight drop or Lob cross

*4min* **Boast-Cross with options** (BH side)

* Start drill with a boast
* From the back: boast or straight drive
* From the front: straight drop or Lob cross

1min30sec **rest**

Exercise 6

First to 15 points **Free Game**

* **Condition:** the response to a short shot has to be a cross lob
* **Cross Lob minimum requirement:** Above the service line on the front wall + First bounce behind the T line
* Win 2 points if you win the rally with a Lob (winner or unforced error)
* Win 2 points if you win the point following a lob (i.e. you play a lob and then with your following shot you win the rally)

## **End of session.**