Type: drill

Participants: 2

Duration: 60min

SpecificShots: kill, lob, hard  
Shots: drive, cross

ShotSide: forehand, backhand

squashLevel: Advanced

Intensity: Medium

Fitness: Medium

Intensity: Medium

Leg workout: Medium

Arm workout: Medium

Focus: learn different variations of drives and crosses from the back

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 – Cross – Boast – Drive** (keep same positions) (Sequence: Player A boasts → Player B crosses → Player A boasts → Player B drives)

Switch roles and repeat the exercises above

## SESSION

Exercise 1 (10min30sec)

3min (forehand side): **Deep straight drive – Deep straight drive – Hard Drive**

3min (forehand side): **Deep straight drive – Deep straight drive – Straight Kill**

3min (forehand side): **Deep straight drive – Deep straight drive – Straight Lob**

Exercise 2 (Forehand drives - 10min30sec)

3min (backhand side): **Deep straight drive – Deep straight drive – Hard Drive**

3min (backhand side): **Deep straight drive – Deep straight drive – Straight Kill**

3min (backhand side): **Deep drive – Deep drive – Straight Lob**

Exercise 3 (13min30sec)

4min: **Deep drive – Deep drive – Deep Cross** (halftime: change cross side)

4min: **Deep drive – Deep drive – Hard Cross** (halftime: change cross side)

4min: **Deep drive – Deep drive – Lob Cross** (halftime: change cross side)

Exercise 2 (9min30sec)

4min: **Drives - Cross option** (if in front of opponent)

4min: **Drives - Cross option** (if drive hits the sidewall first)

## **End of session.**