Type: drill

Participants: 2

Duration: 60min

SpecificShots: cross lob, straight lob  
Shots: lob

ShotSide: forehand, backhand

squashLevel: Advanced

Intensity: Medium

Fitness: Medium

Intensity: Medium

Leg workout: Hard

Arm workout: Medium

Focus: Using height from the front

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): **Drop – Drive – Drop – Lob Straight**

* Player A: stays in the back and plays drops only
* Player B: alternates shots, straight drive then straight lob

*4min* (forehand side, but switch roles): **Drop – Drive – Drop – Lob Straight**

Exercise 2 (9min30sec)

*4min* (backhand side): **Drop – Drive – Drop – Lob Straight**

* Player A: stays in the back and plays drops only
* Player B: alternates shots, straight drive then straight lob

*4min* (backhand side, but switch roles): **Drop – Drive – Drop – Lob Straight**

Exercise 3 (9min30sec)

*4min* (forehand side): **Boast – Lob cross – Straight Drive**

*4min* (backhand side): **Boast – Lob cross – Straight Drive**

Exercise 4 (11min)

*4min:* **Front versus Back**

* Start drill with a boast
* Player A: has the option to play boast or straight drop
* Player B: has the option to play cross lob or straight drive (deep or lob)

*4min (new options):* **Front versus Back**

* Start drill with a boast
* Player A: has the option to play boast or straight drop
* Player B: has the option to play cross lob or straight drive (deep or lob)

1min30sec **rest**

Switch roles and repeat both routines above

Exercise 6 (5min30sec)

*4min:* **Short – Deep (Lob) – Deep (any)**

* Start with a boast
* Deep shot = shot first bounce behind the service line
* Short shot = second bounce in front of the service line

Exercise 7 (optional)

First to 15 points **Free Game**

* Win 2 points if you win the rally with a Lob (winner or unforced error)

## 

## END OF SESSION