Type: drill

Participants: 2

Duration: 45min  
Shots: volley, cross

ShotSide: forehand, backhand

squashLevel: Advanced

Intensity: Medium

Fitness: Medium

Intensity: Medium

Leg workout: Medium

Arm workout: Medium

Focus: learn to play in the diagonals using volleys to counter mid or high crosses

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 (7min30sec)

3min (forehand side): **Boast – Cross 2 shots** (Sequence: Player A drives and then plays a boast (2 shots) → Player B drops and then plays a cross (2 shots)

3min (forehand side): **Boast – Cross 2 shots** (switch roles)

Exercise 2 (7min30sec)

3min (forehand side): **Boast – BH Cross Lob – FH Soft Volley Deep Drive** (Sequence)

3min (backhand side): **Boast – FH Cross Lob – BH Soft Volley Deep Drive** (Sequence)

Exercise 3 (7min30sec)

3min (forehand side): **Boast – BH Cross Lob – FH Hard Volley Drive** (Sequence)

3min (backhand side): **Boast – FH Cross Lob – BH Hard Volley Drive** (Sequence)

Exercise 4 (7min30sec)

3min (forehand side): **Boast – BH Hard Cross – FH Volley Drive** (Sequence)

3min (backhand side): **Boast – FH Hard Cross – BH Volley Drive** (Sequence)

Exercise 5 (optional)

*11points (forehand side):* ***Boast – BH Cross – FH Straight Drive*** *(Sequence – with serve, returner’s defines the start of the sequence)*

*11points (backhand side):* ***Boast – FH Cross – BH Straight Drive*** *(Sequence – with serve, returner’s defines the start of the sequence)*