Type: mix

Participants: 2

Duration: 45min

SpecifiShots: straight drive, 3-step ghosting  
Shots: drive

ShotSide: forehand, backhand

Movement: front

squashLevel: Intermediate

Intensity: Medium

Fitness: Medium

Intensity: Medium

Leg workout: High

Arm workout: Medium

Support doc: Null

Focus: master your straight drives from the front & front court movement.

Rest time between exercises: 1min30sec

## Instructions:

* Straight drive technique: when hitting your straight drive, face the side wal**l**. Avoid facing the front wall during your shot or when ghosting. Ask your coach for more tips.
* Ghosting routine: all ghosting routines focus on the front corners. Each ghost to the corner should be a 3-step movement, finishing with a lunge. Aim to return to the T in 3 steps as well.

## WARM-UP (5min)

*4min*: **Boast–Drive** (Switch roles halfway)

* **Sequence**: Player A boasts → Player B drives → Player A boasts → Player B drives

## SESSION

Exercise 1 (9min30sec)

2x4min (forehand side): **Drop - Drive** (Switch roles halfway)

* Player A:feeds straight drops from the back
* Player B: plays straight drives (first bounce behind the service box)
* Optional Target: Place a small target (e.g. wristband, a shoe, or even a ball box) on the floor, 10 to 30cm behind the service box and against the side wall. The smaller the target, the more challenging it will be! Your goal is to consistently land the first bounce of your drive directly on it.

Exercise 2 (9min30sec)

4min (backhand side): **Drop – Drive** (half-time players change roles)

* Player A:feeds straight drops from the back
* Player B: plays straight drives (first bounce behind the service box)
* Optional Target: Place a small target (e.g. wristband, a shoe, or even a ball box) on the floor, 10 to 30cm behind the service box and against the side wall. The smaller the target, the more challenging it will be! Your goal is to consistently land the first bounce of your drive directly on it.

Exercise 3 (9min30sec)

4x2min (forehand side): **Drop – FH Drive – BH Ghost** (half-time players change roles)

* **Sequence:** Player A drops to the front right corner → Player B ghosts to the frontleftcorner, then returns to the T → Player A feeds the next drop once B is back on the T.
* Player A:feeds straight drops only
* Player B: plays straight drives (first bounce behind the service box) from the front then ghosts to the opposite corner in the front
* Optional Target: Place a small target (e.g. wristband, a shoe, or even a ball box) on the floor, 10 to 30cm behind the service box and against the side wall

Exercise 4 (9min30sec)

2x4min (forehand side): **Drop/Boast – Drive** (half-time players change roles)

* Player A:feeds straight drops or boast from the back
* Player B: plays straight drives only (first bounce behind the service box)
* Optional Target: Place a small target (e.g. wristband, a shoe, or even a ball box) on the floor, 10 to 30cm behind the service boxes and against the side walls