Squash Session Plan: General

**Duration:** 60 min

**Session Focus:** Dynamic Block Session (Archetype: Dynamic Block Session)

# Warm-up

* 3 min: Drill: Warmup: Compound Boast-Cross-Boast-Drive + 2 shots
* 3 min: Drill: Warmup: Compound Boast-Cross-Boast-Drive + 2 shots

# Activity Block 1

* 3 min: Drill: Boast-Cross-Drive: Boast-Cross-Drive With Extra Drive (Forehand)

*(Rule: All cross-court shots and drives in the main sequence must have...)*

* 3 min: Drill: Boast-Cross-Drive: Boast-Cross-Drive With Extra Drive (Backhand)

*(Rule: All cross-court shots and drives in the main sequence must have...)*

* Rest: 1.5 min

# Activity Block 2

* 3 min: Drill: Drop-Drive: Drop-Drive (any drive) (Forehand)

*(Rule: Drive: The second bounce of all drives must land behind the T-line....)*

* 3 min: Drill: Boast-Cross-Drive: Boast-Cross-Drive With Counter Drops (Forehand)

*(Rule: Cross & Drive: Every cross-court shot and the subsequent drive...)*

* Rest: 1.5 min

# Activity Block 3

* 3 min: Drill: Drop-Drive: Drop-Drive (any drive) (Backhand)

*(Rule: Drive: The second bounce of all drives must land behind the T-line....)*

* 3 min: Drill: Boast-Cross-Drive: Boast-Cross-Drive With Counter Drops (Backhand)

*(Rule: Cross & Drive: Every cross-court shot and the subsequent drive...)*

* Rest: 1.5 min

# Activity Block 4

* 11 pts: Conditioned Game: Boast-Cross-Drive: Boast-Cross-Drive With Kills Allowed (Forehand)

*(Rule: For the cross-court and drive shots, the second bounce of the ball...)*

* 11 pts: Conditioned Game: Boast-Cross-Drive: Boast-Cross-Drive With Kills Allowed (Backhand)

*(Rule: For the cross-court and drive shots, the second bounce of the ball...)*

* Rest: 1.5 min

# Activity Block 5

* 7 pts: Conditioned Game: Drop-Drive: Drop-Drive (Deep Only) (Forehand)

*(Rule: Drive: all drives first bounces must land behind T-line. Drop: all...)*

* 7 pts: Conditioned Game: Drop-Drive: Drop-Drive (Deep Only) (Backhand)

*(Rule: Drive: all drives first bounces must land behind T-line. Drop: all...)*

* Rest: 1.5 min

End of session.*End of session.*