Squash Session Plan: General

**Duration:** 60 min

**Session Focus:** Progressive Family Only (Archetype: Progressive Family Only)

# Warm-up

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

# Activity Block 1

* 3 min: Drill: Boast-Cross-Drive: Boast-Cross-Drive Deep Only (Backhand)

*(Rule: All shots excluding the boast must land behind the T-line.)*

* 9 pts: Conditioned Game: Boast-Cross-Drive: Boast-Cross-Drive Deep Only (Backhand)

*(Rule: All shots excluding the boast must land behind the T-line.)*

* Rest: 1.5 min

# Activity Block 2

* 3 min: Drill: Boast-Cross-Drive: Boast-Cross-Drive Deep Only (Forehand)

*(Rule: All shots excluding the boast must land behind the T-line.)*

* 9 pts: Conditioned Game: Boast-Cross-Drive: Boast-Cross-Drive Deep Only (Forehand)

*(Rule: All shots excluding the boast must land behind the T-line.)*

* Rest: 1.5 min

# Activity Block 3

* 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...)*

* 9 pts: Conditioned Game: 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

* 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...)*

* 9 pts: Conditioned Game: 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

End of session.*End of session.*