Squash Session Plan: General

**Duration:** 60 min

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

# Warm-up

* 3 min: Drill: Warmup: Compound Boast-Drive-Drop-Drive + 2 shots
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# Activity Block 1

* 7 pts: Conditioned Game: Drop-Drive: Volley Straight Drop - Straight Lob (Forehand)

*(Rule: Straight Lob: Must be hit above the service line on the front wall,...)*

* 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 2

* 7 pts: Conditioned Game: Drop-Drive: Volley Straight Drop - Straight Lob (Backhand)

*(Rule: Straight Lob: Must be hit above the service line on the front wall,...)*

* 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 3

* 3 min: Drill: Drop-Drive: Volley Straight Drop - Drive (Deep Only) (Forehand)

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

* 3 min: Drill: Drop-Drive: Volley Straight Drop - Drive (Deep Only) (Backhand)

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

* Rest: 1.5 min

# Activity Block 4

* 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: Drop-Drive: Drop-Drive (any drive) (Backhand)

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

* Rest: 1.5 min

End of session.*End of session.*