Squash Session Plan: General

**Duration:** 45 min

**Session Focus:** Drill Only (Archetype: Drill Only)

# Warm-up

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

# Activity Block 1

* 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 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.)*

* 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: Boast-Cross-Drive: Boast-Cross-Drive Deep Only (Backhand)

*(Rule: All shots excluding the boast 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

* 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 5

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

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

* 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

End of session.*End of session.*