Squash Session Plan: General

**Duration:** 45 min

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

# Warm-up

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

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

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

* 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: Volley Straight Drop - Straight Lob (Forehand)

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

* 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...)*

* Rest: 1.5 min

# Activity Block 3

* 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

# Activity Block 4

* 3 min: Drill: Boast-Cross-Drive: Boast - Cross Lob - Volley Drive (Forehand)

*(Rule: All cross lob shots and volley drives must have their first bounce...)*

* 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...)*

* Rest: 1.5 min

# Activity Block 5

* 3 min: Drill: Boast-Cross-Drive: Boast - Cross Lob - Volley Drive (Backhand)

*(Rule: All cross lob shots and volley drives must have their first bounce...)*

* 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

End of session.*End of session.*