Squash Session Plan: General

**Duration:** 60 min

**Session Focus:** Conditioned Games Only (Archetype: Conditioned Games Only)

# Warm-up

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

# Activity Block 1

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

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

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

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

* Rest: 1.5 min

# Activity Block 2

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

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

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

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

* Rest: 1.5 min

# Activity Block 3

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

*(Rule: All cross-court shots and drives must have their first bounce land...)*

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

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

* Rest: 1.5 min

End of session.*End of session.*