Squash Session Plan: General

**Duration:** 45 min

**Session Focus:** Drill Only (High-Constraint) (Archetype: Drill Only (High-Constraint))

# Warm-up

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

# Activity Block 1

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

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

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

*(Rule: The second bounce of all returning shots (drives/lobs) must land...)*

* Rest: 1.5 min

# Activity Block 2

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

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

* 3 min: Drill: Boast-Cross-Drive: Boast-Cross-Drive Extra Drive (Backhand Drill) (Forehand)

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

* Rest: 1.5 min

# Activity Block 3

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

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

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

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

* Rest: 1.5 min

# Activity Block 4

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

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

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

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

* Rest: 1.5 min

# Activity Block 5

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

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

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

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

* Rest: 1.5 min

End of session.*End of session.*