Squash Session Plan: General

**Duration:** 45 min

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

# Warm-up

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

* 9 pts: Conditioned Game: Drop-Drive: Drop - Any Straight Drive (Forehand Conditioned Game) (Backhand)

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

* 15 pts: Conditioned Game: Boast-Cross-Drive: Boast-Cross-Drive With Counter Drops (Forehand Conditioned Game) (Backhand)

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

* Rest: 1.5 min

# Activity Block 2

* 7 pts: Conditioned Game: Drop-Drive: Drop-Drive (Deep Only - Backhand Conditioned Game) (Backhand)

*(Rule: Drive: all drives' first bounces must land behind the T-line. Drop:...)*

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

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

* Rest: 1.5 min

End of session.*End of session.*