Squash Session Plan: General

**Duration:** 60 min

**Session Focus:** Dynamic Block Session (High Constraint) (Archetype: Dynamic Block Session (High Constraint))

# 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: Drop-Drive (Deep Only - Forehand Drill) (Forehand)

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

* 7 pts: Conditioned Game: Boast-Cross-Drive: Boast-Cross-Drive With Kills Allowed (Backhand Conditioned Game) (Forehand)

*(Rule: For the cross-court and drive shots, the second bounce of the ball...)*

* 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,...)*

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

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

* Rest: 1.5 min

# Activity Block 3

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

*(Rule: For the cross-court and drive shots, the second bounce of the ball...)*

* Rest: 1.5 min

# Activity Block 4

* 7 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,...)*

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

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

* Rest: 1.5 min

# Activity Block 5

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

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

* 9 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

End of session.*End of session.*