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 + 2 shots
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# Activity Block 1

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

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

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

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

* Rest: 1.5 min

# Activity Block 2

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

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

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

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

* 3 min: Drill: Boast-Cross-Drive: Boast-Cross-Drive With Counter Drops (Backhand Drill) (Backhand)

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

* Rest: 1.5 min

# Activity Block 4

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

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

* 3 min: Drill: Boast-Cross-Drive: Boast-Cross-Drive With Counter Drops (Backhand Drill) (Forehand)

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

* Rest: 1.5 min

# Activity Block 5

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

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

* 3 min: Drill: Boast-Cross-Drive: Boast-Cross-Drive With Counter Drops (Backhand Drill) (Backhand)

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

* Rest: 1.5 min

End of session.*End of session.*