Squash Session Plan

*Request: "A need a 45min session to improve my counter drop"*

**Duration:** 45 min

**Session Focus:** Counter Drop Improvement

# 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

* 3 min: Drill: Boast-Cross-Drive: Boast-Cross-Drive With Counter Drops (Forehand)
* 3 min: Drill: Boast-Cross-Drive: Boast-Cross-Drive With Counter Drops (Backhand)
* Rest: 1.5 min

# Activity Block 2

* 7 pts: Conditioned Game: Drop-Drive: Drop-Drive (any drive) (Forehand)

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

* 3 min: Drill: Boast-Cross-Drive: Boast-Cross-Drive With Counter Drops (Forehand)
* Rest: 1.5 min

# Activity Block 3

* 7 pts: Conditioned Game: Drop-Drive: Drop-Drive (any drive) (Backhand)

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

* 3 min: Drill: Boast-Cross-Drive: Boast-Cross-Drive With Counter Drops (Backhand)
* Rest: 1.5 min

*End of session.*