Squash Session Plan: General

**Duration:** 60 min

**Session Focus:** Progressive Family (Archetype: Progressive Family)

# Warm-up

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

* 3 min: Drill: Drop-Drive: Drop-Drive (any drive) (Forehand)

*(Rule: Drive: second bounce behind T-line. Drop: second bounce in front of...)*

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

*(Rule: Drive: second bounce behind T-line. Drop: second bounce in front of...)*

* Rest: 1.5 min

# Activity Block 2

* 3 min: Drill: Drop-Drive: Drop-Drive (any drive) (Backhand)

*(Rule: Drive: second bounce behind T-line. Drop: second bounce in front of...)*

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

*(Rule: Drive: second bounce behind T-line. Drop: second bounce in front of...)*

* Rest: 1.5 min

# Activity Block 3

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

*(Rule: Drive: first bounce behind T-line. Drop: second bounce in front of...)*

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

*(Rule: Drive: first bounce behind T-line. Drop: second bounce in front of...)*

* Rest: 1.5 min

# Activity Block 4

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

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

* 7 pts: Conditioned Game: Drop-Drive: Volley Straight Drop - Straight Lob (Backhand)

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

* Rest: 1.5 min

# Activity Block 5

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

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

* 7 pts: Conditioned Game: Drop-Drive: Volley Straight Drop - Straight Lob (Forehand)

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

* Rest: 1.5 min

End of session.*End of session.*