Squash Session Plan: General

**Duration:** 60 min

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

# Warm-up

* 3 min: Drill: Warmup: Compound Boast-Drive-Drop-Drive + 2 shots
* 3 min: Drill: Warmup: Compound Boast-Cross-Boast-Drive + 2 shots

# Activity Block 1

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

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

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

*(Rule: Every cross and the succeeding drive must land behind the T-line.)*

* Rest: 1.5 min

# Activity Block 2

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

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

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

*(Rule: Every cross and the succeeding drive must land behind the T-line.)*

* Rest: 1.5 min

# Activity Block 3

* 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...)*

* 3 min: Drill: Drop-Drive: 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

* 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...)*

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

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

* Rest: 1.5 min

# Activity Block 5

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

*(Rule: All crosses and both drives must land behind the T-line. The...)*

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

*(Rule: All crosses and both drives must land behind the T-line. The...)*

* Rest: 1.5 min

End of session.*End of session.*