Squash Session Plan: General

**Duration:** 60 min

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

# 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: Boast-Cross-Drive: Boast-Cross-Drive Deep Only (Backhand)

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

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

*(Rule: Second bounce behind the T-line)*

* Rest: 1.5 min

# Activity Block 2

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

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

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

*(Rule: Second bounce behind the T-line)*

* Rest: 1.5 min

# Activity Block 3

* 11 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: Boast-Cross-Drive: Boast-Cross-Drive With Kills Allowed (Backhand)

*(Rule: Second bounce behind the T-line)*

* Rest: 1.5 min

# Activity Block 4

* 11 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: Boast-Cross-Drive: Boast-Cross-Drive With Kills Allowed (Forehand)

*(Rule: Second bounce behind the T-line)*

* Rest: 1.5 min

End of session.*End of session.*