Squash Session Plan

*Request: "a 45-minute conditioned game session for an advanced player focusing on volley drops"*

## 45-Minute Conditioned Game Session Plan for Advanced Player: Focus on Volley Drops

### Warm-up (6 min)

1. \*\*3 min\*\*: Compound Boast-Drive-Drop-Drive + 2 shots

- Focus on fluid transitions and dynamic movement.

2. \*\*3 min\*\*: Compound Boast-Cross-Boast-Drive + 2 shots

- Emphasize accuracy in cross-court shots.

### Activity Block 1 (20 min)

- \*\*9 pts\*\*: Conditioned Game: Volley Straight Drop - Drive (Deep Only) (Forehand)

- \*\*Rule\*\*: The first bounce of all drives must land behind the T-line. Work on maintaining control and precision with volley drops before driving deep.

- \*\*9 pts\*\*: Conditioned Game: Volley Straight Drop - Drive (Deep Only) (Backhand)

- \*\*Rule\*\*: The first bounce of all drives must land behind the T-line. Concentrate on the same control and precision on the backhand side.

- \*\*Rest\*\*: 1.5 min

### Activity Block 2 (18.5 min)

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

- \*\*Rule\*\*: The second bounce of all drives must land behind the T-line. Introduce variability in shot selection while maintaining focus on accurate volley drops.

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

- \*\*Rule\*\*: The second bounce of all drives must land behind the T-line. Replicate the forehand strategy on the backhand side.

- \*\*Rest\*\*: 1.5 min

### Cool Down (0 min)

- Encourage gentle stretching off-court focusing on shoulders, wrists, and lower body to prevent stiffness.

> \*\*Objective\*\*: Enhance the player's confidence and proficiency in incorporating volley drops into competitive scenarios. Encourage maintaining rhythm, footwork, and strategic use of volley drops during high-pressure points.