Squash Session Plan

*Request: "a solo session to practice cross drops"*

\*\*Squash Solo Session Plan: Focus on Cross Drops\*\*

**\*\*Duration:**\*\* 45 minutes

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

### Warm-up (6 minutes)

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

- Aim: Get the body warmed up and practiced in transitioning through different shots starting with the boast.

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

- Activity: Alternate between boasting the ball cross-court, follow it with a drive, drop the ball, and then another drive.

- Aim: Enhance hand-eye coordination and body movement across the court.

### Activity Block 1: Cross Drops Drill (12 minutes)

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

- Focus: Incorporate cross drops in the rally. Practice playing a boast followed by a crosscourt drop and a drive, recovering quickly for subsequent shots.

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

- Rule: All shots except the boast should land behind the T-line.

- Focus on the cross for both cross drops and deep drives. Practice placing the cross drop precisely, focusing more on control than power.

- \*\*Rest: 1.5 minutes\*\*

### Activity Block 2: Cross Drops Drill (12 minutes)

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

- Focus: Mirror the forehand practice on the backhand side, incorporating cross drops into rallies effectively.

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

- Rule: All shots except the boast should land behind the T-line.

- Work on backhand cross drops, focusing on precision and control in court positioning.

- \*\*Rest: 1.5 minutes\*\*

### Activity Block 3: Cross Drop Application with Lobs (12 minutes)

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

- Rule: Ensure the lob is played above the service line on the front wall.

- Emphasize the forehand cross drop in transition from volley drop to lobs.

- \*\*3 min:\*\* Drill: \*Boast - Cross Lob - Volley Drive (Forehand)\*

- Rule: Ensuring lobs and volley drives have optimal bounce.

- Combine cross drop technique after lobs during court play, transitioning effectively to volleys.

- \*\*Rest: 1.5 minutes\*\*

### Cool Down (Not included in the context duration)

- Perform gentle stretching focusing on quads, hamstrings, shoulders, and arms to prevent soreness and improve flexibility.

\*\*End of Session\*\*