Squash Session Plan

*Request: "a 90-minute drill session for an advanced player"*

\*\*90-Minute Squash Drill Session Plan for Advanced Player\*\*

**\*\*Session Focus:** Dynamic Block Session\*\*

### \*\*Warm-up (10 minutes)\*\*

1. \*\*5 min: Drill - Warmup: Compound Boast-Cross-Boast-Drive + 2 shots\*\*

- Focus on movement and shot fluidity.

2. \*\*5 min: Drill - Warmup: Compound Boast-Drive-Drop-Drive + 2 shots\*\*

- Aim to get the body warm and maintain control over a variety of shots.

### \*\*Activity Block 1 (20 minutes)\*\*

1. \*\*7 pts: Conditioned Game - Boast-Cross-Drive: Boast-Cross-Drive With Counter Drops (Forehand)\*\*

- Rule: Cross & Drive: Every cross-court shot and the subsequent drive.

2. \*\*5 min: Drill - Boast-Cross-Drive: Boast-Cross-Drive Deep Only (Forehand)\*\*

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

3. \*\*Rest: 1.5 minutes\*\*

### \*\*Activity Block 2 (20 minutes)\*\*

1. \*\*7 pts: Conditioned Game - Boast-Cross-Drive: Boast-Cross-Drive With Counter Drops (Backhand)\*\*

- Rule: Cross & Drive: Every cross-court shot and the subsequent drive.

2. \*\*5 min: Drill - Boast-Cross-Drive: Boast-Cross-Drive Deep Only (Backhand)\*\*

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

3. \*\*Rest: 1.5 minutes\*\*

### \*\*Activity Block 3 (15 minutes)\*\*

1. \*\*9 pts: Conditioned Game - Drop-Drive: Volley Straight Drop - Straight Lob (Forehand)\*\*

- Rule: Straight Lob: Must be hit above the service line on the front wall.

2. \*\*5 min: Drill - Boast-Cross-Drive: Boast - Cross Lob - Volley Drive (Forehand)\*\*

- Rule: All cross lob shots and volley drives must have their first bounce.

3. \*\*Rest: 1.5 minutes\*\*

### \*\*Activity Block 4 (15 minutes)\*\*

1. \*\*5 min: Drill - Drop-Drive: Volley Straight Drop - Straight Lob (Forehand)\*\*

- Rule: Straight Lob: Must be hit above the service line on the front wall.

2. \*\*5 min: Drill - Drop-Drive: Volley Straight Drop - Straight Lob (Backhand)\*\*

- Rule: Straight Lob: Must be hit above the service line on the front wall.

3. \*\*Rest: 1.5 minutes\*\*

### \*\*Activity Block 5 (10 minutes)\*\*

1. \*\*7 pts: Conditioned Game - Drop-Drive: Drop-Drive (any drive) (Backhand)\*\*

- Rule: Drive: The second bounce of all drives must land behind the T-line.

2. \*\*3 min: Drill - Boast-Cross-Drive: Boast - Cross Lob - Volley Drive (Backhand)\*\*

- Rule: All cross lob shots and volley drives must have their first bounce.

\*\*Cool-Down and Stretching (5 minutes)\*\*

- Focus on a gentle cool-down with light stretching, concentrating on the lower back, hamstrings, and shoulders to aid recovery.

\*\*Note:\*\* Ensure hydration and maintain focus on technique throughout the session.