Squash Session Plan

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

### Squash Session Plan: Solo Practice for Cross Drops (45 minutes)

**#### Session Focus:**

- Dynamic Block Session (High Constraint)

- Target Shot: Cross Drops

### Warm-up (6 minutes total)

1. \*\*3 min\*\*: \*\*Drill\*\*: Warmup with Compound Boast-Drive + 2 shots

- Focus on smoothly transitioning between boasts and drives to simulate in-game conditions.

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

- Enhance footwork and anticipation between cross-court shots and boasts.

### Activity Block 1 (10.5 minutes total)

1. \*\*3 min\*\*: \*\*Drill\*\*: Drop-Drive: Drop-Drive (Deep Only - Forehand Drill)

- Rule: Ensure all drives' first bounces land behind the T-line. Focus on depth and accuracy.

2. \*\*9 pts\*\*: \*\*Conditioned Game\*\*: Boast-Cross-Drive: Boast - Cross Lob - Volley Drive (Forehand Conditioned Game)

- Rule: Each cross lob and volley drive must have their first bounce appropriately placed to set up for the next shot. Use this to concentrate on cross drops.

3. \*\*Rest: 1.5 min\*\*

### Activity Block 2 (7.5 minutes total)

1. \*\*3 min\*\*: \*\*Drill\*\*: Drop-Drive: Volley Drop - Drive (Deep Only - Forehand Drill)

- Rule: Separation between shots, ensure the first bounce of drives lands behind the T-line, practice precision on the cross drops.

2. \*\*3 min\*\*: \*\*Drill\*\*: Drop-Drive: Volley Drop - Drive (Deep Only - Backhand Drill)

- Rule: Maintain tactical placement, with drives landing deep. Refine your cross drop technique.

3. \*\*Rest: 1.5 min\*\*

### Activity Block 3 (10.5 minutes total)

1. \*\*7 pts\*\*: \*\*Conditioned Game\*\*: Boast-Cross-Drive: Boast - Cross Lob - Volley Drive (Forehand Conditioned Game)

- Rule: Focus on executing effective cross drops following the cross lob. Emphasize placement.

2. \*\*3 min\*\*: \*\*Drill\*\*: Boast-Cross-Drive: Boast-Cross-Drive Extra Drive (Forehand Drill)

- Rule: Maintain control and depth. Ensure cross-court shots and drives land as planned.

3. \*\*Rest: 1.5 min\*\*

### Activity Block 4 (10.5 minutes total)

1. \*\*3 min\*\*: \*\*Drill\*\*: Boast-Cross-Drive: Boast - Cross Lob - Volley Drive (Backhand Drill)

- Rule: Balance between cross lob shots and boasts, prioritize precision on the cross drops.

2. \*\*3 min\*\*: \*\*Drill\*\*: Boast-Cross-Drive: Boast-Cross-Drive Deep Only (Forehand Drill)

- Rule: Focus on depth control, fine-tune cross-court accuracy.

3. \*\*Rest: 1.5 min\*\*

### Wrap-Up

- Spend a few minutes cooling down with light stretches focusing on the major muscle groups to aid recovery and flexibility.