Squash Session Plan

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

### 90-Minute Drill Session for an Advanced Player

**\*\*Session Focus:**\*\* Drill Only (High-Constraint)

### Warm-up (6 minutes)

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

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

### Activity Block 1 (10.5 minutes)

1. \*\*3 min:\*\* Drill: Boast-Cross-Drive: Boast-Cross-Drive Extra Drive (Forehand Drill) (Backhand)

- \*\*Rule:\*\* All cross-court shots and drives must have their first bounce land...

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

- \*\*Rule:\*\* All cross-court shots and drives must have their first bounce land...

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

### Activity Block 2 (10.5 minutes)

1. \*\*3 min:\*\* Drill: Boast-Cross-Drive: Boast-Cross-Drive Extra Drive (Forehand Drill) (Forehand)

- \*\*Rule:\*\* All cross-court shots and drives must have their first bounce land...

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

- \*\*Rule:\*\* All cross-court shots and drives must have their first bounce land...

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

### Activity Block 3 (10.5 minutes)

1. \*\*3 min:\*\* Drill: Drop-Drive: Volley Drop - Straight Lob (Forehand Drill) (Backhand)

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

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

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

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

### Activity Block 4 (10.5 minutes)

1. \*\*3 min:\*\* Drill: Drop-Drive: Volley Drop - Straight Lob (Forehand Drill) (Forehand)

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

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

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

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

### Activity Block 5 (10.5 minutes)

1. \*\*3 min:\*\* Drill: Drop-Drive: Volley Drop - Straight Lob (Forehand Drill) (Backhand)

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

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

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

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

### Activity Block 6 (10.5 minutes)

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

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

2. \*\*3 min:\*\* Drill: Boast-Cross-Drive: Boast-Cross-Drive With Counter Drops (Backhand Drill) (Forehand)

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

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

### Cool Down (6 minutes)

1. \*\*3 min:\*\* Gentle court movement stretching focusing on quads, calves, and shoulders.

2. \*\*3 min:\*\* Breathing exercises to relax and lower the heart rate.

\*\*End of Session.\*\*

This session is structured with high-concentration drills focused on developing consistency and accuracy under constraints for an advanced squash player.