Squash Session Plan

*Request: "a 45-minute drill focusing only on the backhand"*

# Squash Session Plan (45 minutes)

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

# Warm-up (6 minutes total)

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

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

# Activity Block 1 (Backhand)

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

- \*Rule\*: All cross lob shots and volley drives must have their first bounce in specified areas.

- \*\*3 min\*\*: Drill – Drop-Drive: Drop - Any Straight Drive (Backhand Drill)

- \*Rule\*: The second bounce of all returning shots (drives/lobs) must land in specified areas.

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

# Activity Block 2 (Backhand)

- \*\*3 min\*\*: Drill – Drop-Drive: Volley Drop - Straight Lob (Backhand Drill)

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

- \*\*3 min\*\*: Drill – Drop-Drive: Drop-Drive (Deep Only - Backhand Drill)

- \*Rule\*: Drive: all drives' first bounces must land behind the T-line.

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

# Activity Block 3 (Backhand)

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

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

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

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

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

# Activity Block 4 (Backhand)

- \*\*3 min\*\*: Drill – Drop-Drive: Drop-Drive (Deep Only - Backhand Drill)

- \*Rule\*: Drive: all drives' first bounces must land behind the T-line. Drop: must follow specified rules.

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

- \*Rule\*: All cross lob shots and volley drives must have their first bounce in specified areas.

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

\*\*End of Session\*\*