Squash Session Plan

*Request: "a 45-minute conditioned game session for an advanced player focusing on volley drops"*

## 45-Minute Conditioned Game Session Plan

\*\*Focus\*\*: Volley Drops for Advanced Player

### Warm-Up (6 minutes total)

1. \*\*3 min\*\*: Compound Boast-Drive-Drop-Drive + 2 Shots

- Objectives: Warm-up major muscle groups, focus on smooth transitions between shots.

2. \*\*3 min\*\*: Compound Boast-Cross-Boast-Drive + 2 Shots

- Objectives: Improve footwork and shot variety, prepare for conditioned games.

### Activity Block 1 (Total: 18 minutes including rest)

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

- \*\*Rule\*\*: All drives must have their first bounce landing behind the T-line.

- \*\*Focus\*\*: Emphasize controlled forehand volley drops, maintaining a low and precise trajectory.

2. \*\*9 pts\*\*: Conditioned Game: Drop-Drive - Volley Straight Drop - Drive (Deep Only) (Backhand)

- \*\*Rule\*\*: All drives must have their first bounce landing behind the T-line.

- \*\*Focus\*\*: Develop backhand volley drop precision and depth in drives.

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

- Encourage hydration and brief reflection on shot execution.

### Activity Block 2 (Total: 21 minutes including rest)

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

- \*\*Rule\*\*: All cross shots and volley drops must have their first bounce landing as close to the wall as possible.

- \*\*Focus\*\*: Execute accurate and tight volley drops from cross-court boasts to build attacking opportunities.

2. \*\*11 pts\*\*: Conditioned Game: Boast-Cross-Drive With Counter Drops (Forehand)

- \*\*Rule\*\*: Implement counter drops after every driven shot for added pressure.

- \*\*Focus\*\*: Implement counter-attacking with volley drops to disrupt opponent flow.

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

- Use this time for mental reset and feedback on technique refinement.

### Cool-Down (Optional)

- Light stretching focused on the shoulders, wrists, and legs to aid recovery after intense drills.

\*\*Objective Summary\*\*: The session focuses on enhancing volley drop execution, an essential high-level skill, through varied conditioned games. Each drill is designed to promote tactical development, shot precision, and control in competitive scenarios.