Squash Session Plan

*Request: "a session to improve my forehand"*

## Session Plan: Improving Forehand

**\*\*Duration:**\*\* 45 minutes

**\*\*Session Focus:**\*\* Dynamic Block Session - Forehand Improvement

### Warm-up (6 minutes)

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

- Focus on fluid movements, preparing your forehand for more dynamic play.

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

- Emphasize coordination and forehand precision during drive sequences.

### Activity Block 1: Forehand Precision (10.5 minutes)

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

- Emphasize the forehand shots in the sequence, focusing on positioning and execution.

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

- Target deep shots to improve depth control on your forehand.

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

### Activity Block 2: Comprehensive Forehand Play (10.5 minutes)

1. \*\*3 min:\*\* Drill: Boast-Cross-Drive With Kills Allowed (Forehand)

- Practice incorporating aggressive forehand kills.

2. \*\*7 pts:\*\* Conditioned Game: Boast-Cross-Drive With Extra Drive (Forehand)

- Aim for precision and accuracy in forehand cross-courts and drives.

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

### Activity Block 3: Forehand Control and Variation (10.5 minutes)

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

- Practice control and variation in your forehand strokes.

2. \*\*7 pts:\*\* Conditioned Game: Boast-Cross-Drive Deep Only (Forehand)

- Focus all shots excluding the boast to land deep, honing your forehand depth.

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

### Activity Block 4: Forehand Depth and Pressure (7.5 minutes)

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

- Practice maintaining depth in forehand drives, ensuring the second bounce lands behind the T-line.

2. \*\*Rest:\*\* 1.5 minutes

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