Squash Session Plan

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

# Solo Squash Session Plan: Focus on Cross Drops

**\*\*Duration\*\*:** 45 min

**\*\*Session Focus\*\*:** Practice Cross Drops

# Warm-up (6 min)

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

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

\*Objective\*: Begin by warming up with varied shot sequences to get accustomed to different movements on the court. This sets the basis for executing effective cross drops later.

# Activity Block 1: Cross Drops – Forehand (10 min)

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

\*Rule\*: Focus on precision of cross-court shots, creating openings for subsequent drop opportunities.

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

\*Rule\*: Practice depth control; all shots excluding the boast must land behind the T-line.

\*Objective\*: Develop forehand cross drops under dynamic conditions, refining accuracy and drop effectiveness.

# Activity Block 2: Cross Drops – Backhand (10 min)

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

\*Rule\*: Ensure cross-court accuracy to enable drop shot setup.

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

\*Rule\*: Enhance ability to control shot depth, maximizing opportunity to employ drops.

\*Objective\*: Focus on backhand variations of cross drops, with an emphasis on consistent delivery and court positioning.

# Activity Block 3: Cross Drop Execution – Integration (10 min)

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

\*Rule\*: Practice transitioning from drop shot to defensive lobs, maintaining height over the service line.

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

\*Rule\*: Maintain control over first bounce location on cross lob shots and subsequent drives.

\*Objective\*: Integrate drop shots into game-like rallies, enhancing adaptability and shot choice under pressure.

# Cool Down & Rest

- \*\*Rest\*\*: 1.5 min after each activity block for hydration and brief recovery.

\*End of Session\*

\*\*Notes\*\*: Focus on footwork, timing, and precision with cross drops throughout the session to improve technique and confidence in applying these shots during matches.