Squash Session Plan

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

\*\*Squash Session Plan\*\*

**\*\*Duration\*\*:** 90 minutes

**\*\*Session Focus\*\*:** Advanced Player Drills in a Dynamic Block Format

### Warm-up (6 minutes)

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

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

### Activity Block 1

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

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

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

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

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

### Activity Block 2

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

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

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

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

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

### Activity Block 3

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

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

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

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

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

### Activity Block 4

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

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

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

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

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

### Activity Block 5

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

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

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

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

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

\*\*End of Session\*\*

\*Note: Players should focus on precision and maintaining the intensity throughout the session to ensure maximum skill development and endurance.\*