Squash Session Plan

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

\*\*45-Minute Squash Session Plan: Backhand Focus\*\*

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

**\*\*Session Focus:**\*\* Drill Only (Backhand shots)

### \*\*Warm-up\*\*

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

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

### \*\*Activity Block 1\*\*

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

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

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

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

- \*\*Rest:\*\* 1.5 min

### \*\*Activity Block 2\*\*

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

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

- \*\*3 min:\*\* Drill: Drop-Drive: Drop-Drive (any drive) (Backhand)

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

- \*\*Rest:\*\* 1.5 min

### \*\*Activity Block 3\*\*

- \*\*3 min:\*\* Drill: Boast-Cross-Drive: Boast-Cross-Drive With Kills Allowed (Backhand)

\*Rule:\* For the cross-court and drive shots, the second bounce of the ball...

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

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

- \*\*Rest:\*\* 1.5 min

*\*\*End of session.\*\**

This session is structured to progressively work on backhand skills with a variety of drills focusing on precision and control with boasts, drives, and drops.