Squash Session Plan

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

### Squash Session Plan: 45-Minute Conditioned Games Focusing on Volley Drops

\*\*Session Type\*\*: Conditioned Games Only

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

### Warm-up (6 minutes)

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

- Purpose: To activate the player's movement and racquet control in a sequence that incorporates front and backcourt shots.

- Focus: Maintain fluidity and smooth transitions between shots.

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

- Purpose: To warm up both the forehand and backhand, focusing on generating speed and accuracy.

- Focus: Precision in execution and readying the body for more dynamic movements.

### Activity Block 1 (20 minutes)

1. \*\*7 pts: Conditioned Game - Drop-Drive (Deep Only) (Forehand)\*\*

- Rule: All drives' first bounces must land behind the T-line. Focus on precise drop shots to initiate pressure on the opponent.

2. \*\*15 pts: Conditioned Game - Boast-Cross-Drive: Boast - Cross Lob - Volley Drive (Forehand)\*\*

- Rule: All cross lob shots and volley drives must have their first bounce behind the service box line.

- Focus: Emphasize control and placement of volley drops.

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

### Activity Block 2 (20 minutes)

1. \*\*7 pts: Conditioned Game - Drop-Drive (Deep Only) (Backhand)\*\*

- Rule: Replicate the forehand game's tactics on the backhand side. Control and precision remain key.

2. \*\*15 pts: Conditioned Game - Boast-Cross-Drive: Boast - Cross Lob - Volley Drive (Backhand)\*\*

- Rule: Follow the same rules as the forehand game to ensure symmetry and balanced development in the player’s gameplay.

- Focus: Target the backhand volley drop to improve this crucial aspect of court strategy.

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

\*\*End of Session\*\*

\*\*Note\*\*: Throughout the session, emphasize the use of soft hands on the volley drop to maintain control and unpredictability. Encourage the player to focus on foot positioning and body balance to enhance drop shot effectiveness.