Squash Session Plan

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

### Squash Session Plan: Improving Forehand

**\*\*Duration:**\*\* 60 minutes

**\*\*Session Focus:**\*\* Dynamic Block Session

\*\*Objective:\*\* Enhance forehand precision and consistency through targeted drills and conditioned games.

#### Warm-up (6 minutes)

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

- Engage all core squash movements while increasing blood flow and flexibility.

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

- Emphasize the transition between drives and drops on both sides to prepare for the main exercises.

#### Activity Block 1 (10.5 minutes)

1. \*\*3 min:\*\* Drill: Boast-Cross-Drive - Boast-Cross-Drive (Deep Only) (Forehand)

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

- Focus on depth and control of the forehand shot.

2. \*\*3 min:\*\* Drill: Drop-Drive - Volley Straight Drop - Drive (Deep Only) (Forehand)

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

- Work on volley control transitioning into a deep drive.

3. \*\*Rest: 1.5 min\*\*

#### Activity Block 2 (10.5 minutes)

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

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

- Aim to maintain a strategic position while ensuring consistent drive length.

2. \*\*Rest: 1.5 min\*\*

#### Activity Block 3 (6 minutes)

1. \*\*3 min:\*\* Drill: Boast-Cross-Drive - Boast-Cross-Drive (Deep Only) (Forehand)

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

- Repetition to solidify comprehensive forehand control and depth.

2. \*\*3 min:\*\* Drill: Drop-Drive - Drop-Drive (any drive) (Forehand)

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

- Focus on accuracy and drop-to-drive flow efficiency.

3. \*\*Rest: 1.5 min\*\*

#### Activity Block 4 (6 minutes)

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

- \*\*Rule:\*\* For the cross-court and drive shots, the second bounce of the ball must be behind the T-line.

- Engage aggressive forehand play with an emphasis on tactical shot-making.

2. \*\*3 min:\*\* Drill: Boast-Cross-Drive - Boast-Cross-Drive With Extra Drive (Forehand)

- \*\*Rule:\*\* All cross-court shots and drives in the main sequence must have their second bounce beyond the T-line.

- Enhance the continuation of rally sequences focusing on the forehand.

3. \*\*Rest: 1.5 min\*\*

#### Activity Block 5 (6 minutes)

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

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

- Hone quick adjustments and use of space in forehand volley and deep drive.

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

- \*\*Rule:\*\* For the cross-court and drive shots, the second bounce of the ball must land behind the T-line.

- Final practice to reinforce comprehensive application in match-like scenarios.

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

This session focuses entirely on improving your forehand through progressive drills and condition games, enhancing both technique and tactical play.