Squash Session Plan

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

**### Duration:** 60 min

**### Session Focus:** Dynamic Block Session - Solo Practice on Cross Drops

# Warm-up (6 min total)

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

- Focus on smooth transitions between shots, enhancing footwork and control.

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

- Incorporate drop shots into the sequence to start focusing on drop accuracy and finesse.

# Activity Block 1 (14 min total)

1. \*\*7 min:\*\* Drill: Drop-Drive: Drop-Drive (any drive) (Forehand)

- Rule: The second bounce of all drives must land behind the T-line. Concentrate on precision and maintaining depth, utilizing different angles for cross drops.

2. \*\*7 min:\*\* Drill: Drop-Drive: Drop-Drive (any drive) (Backhand)

- Rule: The second bounce of all drives must land behind the T-line. Work on executing backhand cross drops with consistent technique.

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

# Activity Block 2 (14 min total)

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

- Rule: Focus on smoothly transitioning into counter drops, adding tactical variation to rallies.

2. \*\*7 min:\*\* Conditioned Game: Boast-Cross-Drive: Boast-Cross-Drive With Counter Drops (Backhand)

- Rule: Emphasize consistent backhand counter drops to improve your response time and shot placement.

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

# Activity Block 3 (11 min total)

1. \*\*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. Concentrate on quickly executing forehand cross drops following a volley.

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

- Rule: Practice transitioning from boast to cross drop to finish points with effectiveness.

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

# Activity Block 4 (11 min total)

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

- Rule: The first bounce of all drives must land behind the T-line. Work on accuracy and speed for backhand cross drops post-volley.

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

- Rule: Hone backhand cross drops to create opportunities and finish rallies decisively.

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

# Cool Down and Reflection (4 min)

- Spend a few minutes stretching and reflecting on session takeaways. Focus on the progress made with cross drops and areas for future improvement.

*\_End of session.\_*