Squash Session Plan

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

### Advanced Squash Drill Session Plan

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

#### \*\*Warm-up (6 minutes)\*\*

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

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

#### \*\*Activity Block 1 (15 minutes)\*\*

- \*\*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...\*

- \*\*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...\*

- \*\*3 min:\*\* Drill: Boast-Cross-Drive - Boast-Cross-Drive With Counter Drops (Forehand)

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

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

#### \*\*Activity Block 2 (15 minutes)\*\*

- \*\*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...\*

- \*\*3 min:\*\* Drill: Boast-Cross-Drive - Boast-Cross-Drive With Counter Drops (Backhand)

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

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

- \*Rule: All cross-court shots and drives in the main sequence must have...\*

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

#### \*\*Activity Block 3 (15 minutes)\*\*

- \*\*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...\*

- \*\*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 (Deep Only) (Forehand)

- \*Rule: Drive: all drives' first bounces must land behind T-line. Drop: all...\*

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

#### \*\*Activity Block 4 (15 minutes)\*\*

- \*\*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...\*

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

- \*Rule: Drive: all drives' first bounces must land behind T-line. Drop: all...\*

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

#### \*\*Cool Down (4.5 minutes)\*\*

- \*\*General stretching focusing on major muscle groups used in squash.\*\*

\*\*Note:\*\*

Ensure a thorough cool down and discuss key learnings after the session to keep the player engaged and aware of their improvements.