Squash Session Plan

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

# 45-Minute Squash Session Plan: Backhand Focus

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

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

# Warm-up (6 minutes)

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

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

# Activity Block 1 (7.5 minutes)

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

\*Focus:\* Boast-Cross-Drive Deep Only

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

- \*\*Rest:\*\* 1.5 minutes

# Activity Block 2 (7.5 minutes)

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

\*Focus:\* Boast-Cross-Drive With Extra Drive

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

- \*\*Rest:\*\* 1.5 minutes

# Activity Block 3 (7.5 minutes)

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

\*Focus:\* Boast-Cross-Drive With Kills Allowed

\*Rule:\* For the cross-court and drive shots, the second bounce of the ball should fall short within the service box.

- \*\*Rest:\*\* 1.5 minutes

# Activity Block 4 (7.5 minutes)

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

\*Focus:\* Drop-Drive (Deep Only)

\*Rule:\* All drives must have their first bounces behind the T-line. Drops must be precise with a focus on accuracy.

- \*\*Rest:\*\* 1.5 minutes

# Activity Block 5 (8 minutes)

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

\*Focus:\* Volley Straight Drop - Straight Lob

\*Rule:\* Straight Lob must be hit above the service line on the front wall.

- \*\*Rest:\*\* 1.5 minutes

\*\*End of Session\*\*