Squash Session Plan

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

# 45-Minute Squash Session Plan: Conditioned Game Focus on Volley Drops

**\*\*Session Focus:**\*\* Conditioned Games Only (Emphasizing Volley Drops)

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

# Warm-up (6 minutes)

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

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

\*Purpose: To ensure the player is physically prepared and mentally focused on executing boast and drive patterns that will aid in quick reflexes and hand-eye coordination essential for volley drops.\*

# Activity Block 1 (20.5 minutes)

1. \*\*Conditioned Game: 9 pts - Drop-Drive: Volley Drop - Drive (Deep Backhand Conditioned Game) (Forehand Focus)\*\*

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

- \*Purpose: Work on forehand control and precision in landing drives deep while incorporating volley drops to improve sudden touch plays.\*

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

- \*\*Rule:\*\* All cross lob shots and volley drives must have their first bounce precisely executed.

- \*Purpose: Enhance backhand volley drive and control with the aim to build consistent mechanics across boast and drive shots.\*

\*\*Rest:\*\* 1.5 minutes between games to regroup and refocus.

# Activity Block 2 (18.5 minutes)

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

- \*\*Rule:\*\* All drives’ first bounces must land behind the T-line. Emphasis on maintaining precision with drops.

- \*Purpose: Strengthen forehand accuracy and decision-making in transitioning from drop shots to deep drives.\*

2. \*\*Conditioned Game: 9 pts - Boast-Cross-Drive: Boast - Cross Lob - Volley Drive (Forehand Conditioned Game)\*\*

- \*\*Rule:\*\* Cross lobs and volley drives must be executed with control and land correctly.

- \*Purpose: Focus on adapting the forehand game to seamlessly blend volley drops with power drives.\*

\*\*Rest:\*\* 1.5 minutes between games to maintain energy level and focus for the next activity.

\*\*End of Session\*\*

\*Ensure to conclude with a cool-down and stretching routine to minimize muscle tension and aid recovery.\*