Squash Session Plan

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

### Squash Session Plan: Forehand Improvement Focus

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

**\*\*Session Focus:**\*\* Dynamic Block Session (High Constraint)

### Warm-up (6 minutes)

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

2. \*\*3 minutes:\*\* Drill: Compound Boast-Cross-Boast-Drive + 2 shots

### Activity Block 1

1. \*\*3 minutes:\*\* Drill: Drop-Drive: Drop-Drive (Deep Only - Forehand Drill)

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

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

\*Rule:\* All cross lob shots and volley drives must have their first bounce behind the T-line.

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

### Activity Block 2

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

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

2. \*\*3 minutes:\*\* Drill: Drop-Drive: Volley Drop - Drive (Deep Only - Backhand Drill)

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

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

### Activity Block 3

1. \*\*7 points:\*\* Conditioned Game: Boast-Cross-Drive: Boast - Cross Lob - Volley Drive (Forehand Conditioned Game)

\*Rule:\* All cross lob shots and volley drives must have their first bounce behind the T-line.

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

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

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

### Activity Block 4

1. \*\*3 minutes:\*\* Drill: Boast-Cross-Drive: Boast - Cross Lob - Volley Drive (Backhand Drill)

\*Rule:\* All cross lob shots and volley drives must have their first bounce behind the T-line.

2. \*\*3 minutes:\*\* Drill: Boast-Cross-Drive: Boast-Cross-Drive Deep Only (Forehand Drill)

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

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

\*\*End of Session\*\*