Squash Session Plan

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

\*\*Squash Session Plan for Practicing Cross Drops\*\*

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

**\*\*Session Focus:**\*\* Practice cross drops within a dynamic block session structure, utilizing high constraint drills.

### \*\*Warm-up\*\*

**\*\*Total Duration:**\*\* 6 minutes

1. \*\*Compound Boast-Drive + 2 Shots\*\*

**- \*\*Duration:**\*\* 3 minutes

- \*\*Focus:\*\* Engage the body and improve movement between shots.

2. \*\*Compound Boast-Cross-Boast-Drive + 2 Shots\*\*

**- \*\*Duration:**\*\* 3 minutes

- \*\*Focus:\*\* Further warm up with added complexity, emphasizing court positioning and control.

### \*\*Activity Block 1: Cross Drop Practice and Integration\*\*

**\*\*Total Duration:**\*\* 9 minutes

1. \*\*Drill: Boast-Cross-Drive\*\*

- \*\*Components:\*\* Boast - Cross Lob - Volley Drive

**- \*\*Duration:**\*\* 3 minutes

- \*\*Focus:\*\* Practice the cross lob, which sets up the subsequent cross drop opportunity.

- \*\*Constraint:\*\* Ensure all cross lobs and volley drives have their first bounce behind the T-line.

2. \*\*Conditioned Game: Boast-Cross-Drive with Counter Drops (Forehand)\*\*

**- \*\*Duration:**\*\* 9 points

- \*\*Focus:\*\* Incorporate cross drops with immediate counter movements.

- \*\*Constraint:\*\* Use cross-court shots and drives to set the stage for effective cross drops.

- \*\*Rest:\*\* 1.5 minutes after completing the game.

### \*\*Activity Block 2: Deep Drop-Drive Focus\*\*

**\*\*Total Duration:**\*\* 10 minutes

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

**- \*\*Duration:**\*\* 3 minutes

- \*\*Focus:\*\* Practice deep volleys to generate opportunities for cross drops.

- \*\*Constraint:\*\* All drives' first bounces must land behind the T-line.

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

**- \*\*Duration:**\*\* 3 minutes

- \*\*Focus:\*\* Reinforce the backhand side, enhancing synergies with forehand practices.

- \*\*Constraint:\*\* All drives' first bounces must land behind the T-line.

- \*\*Rest:\*\* 1.5 minutes after completing the drills.

### \*\*Activity Block 3: Expanded Drop-Drive Practice with Counter Drop Introduction\*\*

**\*\*Total Duration:**\*\* 10 minutes

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

**- \*\*Duration:**\*\* 7 points

- \*\*Focus:\*\* Integrate counter-drops following cross-court shots to emphasize transitional play.

- \*\*Constraint:\*\* Ensure each cross-court shot’s first bounce lands appropriately to set up drops.

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

**- \*\*Duration:**\*\* 3 minutes

- \*\*Focus:\*\* Extra driving practice emphasizing continuous movement and control.

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

- \*\*Rest:\*\* 1.5 minutes after completing the drills.

### \*\*Conclusion\*\*

- \*\*End of Session\*\*: Cool down with stretching or light footwork drills to enhance recovery and prevent injury.

- \*\*Self-Assessment\*\*: Reflect on the effectiveness of cross-drops integrated into varied scenarios within the session.

\*\*Note:\*\* Adherence to session structure and constraints is key for optimizing the practice focus on cross drops.