Squash Session Plan

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

\*\*90-Minute Drill Session for an Advanced Player\*\*

**\*\*Session Focus:**\*\* Drill Only (High-Constraint)

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

### Warm-up (6 minutes)

1. \*\*3 min:\*\* Drill: Warmup: Compound Boast-Drive-Drop-Drive + 2 shots

\*Objective:\* Prepare the body with complex shot sequences.

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

\*Objective:\* Focus on fundamental movement and shot precision.

### Activity Block 1 (15 minutes)

1. \*\*3 min:\*\* Drill: Boast-Cross-Drive Extra Drive (Backhand Drill) (Forehand)

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

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

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

3. \*\*Rest: 1.5 min\*\*

### Activity Block 2 (15 minutes)

1. \*\*3 min:\*\* Drill: Boast-Cross-Drive Extra Drive (Backhand Drill) (Backhand)

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

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

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

3. \*\*Rest: 1.5 min\*\*

### Activity Block 3 (15 minutes)

1. \*\*3 min:\*\* Drill: Drop-Drive: Volley Drop - Straight Lob (Forehand Drill) (Forehand)

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

2. \*\*3 min:\*\* Drill: Boast - Cross Lob - Volley Drive (Forehand Drill) (Forehand)

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

3. \*\*Rest: 1.5 min\*\*

### Activity Block 4 (15 minutes)

1. \*\*3 min:\*\* Drill: Drop-Drive: Volley Drop - Straight Lob (Forehand Drill) (Backhand)

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

2. \*\*3 min:\*\* Drill: Boast - Cross Lob - Volley Drive (Forehand Drill) (Backhand)

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

3. \*\*Rest: 1.5 min\*\*

### Activity Block 5 (15 minutes)

1. \*\*3 min:\*\* Drill: Drop-Drive: Volley Drop - Straight Lob (Forehand Drill) (Backhand)

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

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

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

3. \*\*Rest: 1.5 min\*\*

### Activity Block 6 (15 minutes)

1. \*\*3 min:\*\* Drill: Boast-Cross-Drive Deep Only (Forehand Drill) (Forehand)

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

2. \*\*3 min:\*\* Drill: Boast-Cross-Drive With Counter Drops (Backhand Drill) (Forehand)

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

3. \*\*Rest: 1.5 min\*\*

\*\*Note:\*\* Ensure each drill is executed with high focus on precision and shot placement to reinforce advanced tactical awareness. Adjust pacing and intensity according to the player's performance and endurance levels.