Squash Session Plan

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

\*\*45-Minute Backhand Drill Focused Squash Session\*\*

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

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

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

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

- Focus on achieving fluid movement and coordination between boasts and drives, warming up the shoulder and elbow joints.

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

- Incorporate both drops and drives to ensure the body is warmed up for varied shot making, emphasizing a backhand orientation.

### \*\*Activity Block 1\*\*

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

- Rule: All cross lob shots and volley drives must have their first bounce land in the back quarter of the court.

- Focus: Executing accurate cross lobs and aggressive volley drives on the backhand side.

2. \*\*3 min:\*\* Drill: Drop-Drive: Drop - Any Straight Drive (Backhand Drill)

- Rule: The second bounce of all returning shots (drives/lobs) must land tight to the back wall.

- Focus: Practicing precision in drops and the power while ensuring depth on straight drives from the backhand.

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

### \*\*Activity Block 2\*\*

1. \*\*3 min:\*\* Drill: Drop-Drive: Drop-Drive (Deep Only - Backhand Drill)

- Rule: Drive: all drives' first bounces must land behind the T-line. Drop: focus on a tight drop.

- Focus: Executing deep drives for backhand control and precise drops for strategic advantage.

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

- Rule: All cross lob shots and volley drives must have their first bounce land at the back of the court.

- Focus: Developing accuracy and consistency in lobs from the backhand side.

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

### \*\*Activity Block 3\*\*

1. \*\*3 min:\*\* Drill: Drop-Drive: Volley Drop - Drive (Deep Only - Backhand Drill)

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

- Focus: Refining the ability to control the backhand volley drop and transitioning to a deep drive for pressure.

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

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

- Focus: Mastering depth and accuracy in demonstrates versatility in shot-making under pressure on the backhand side.

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

*\*\*End of session.\*\**