Squash Session Plan

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

# Warm-up (6 minutes)

1. \*\*Compound Boast-Cross-Boast-Drive + 2 shots\*\* (3 minutes)

- Focus on engaging core movements and getting the body warmed up dynamically.

2. \*\*Compound Boast-Drive-Drop-Drive + 2 shots\*\* (3 minutes)

- Transition from boast to drive and drop shots, enhancing agility and stroke consistency.

# Activity Block 1 (12 minutes)

1. \*\*Conditioned Game: Boast-Cross-Drive: Boast-Cross-Drive With Counter Drops (Forehand)\*\* (7 points)

- Focus on forehand shots, utilizing boast, cross-court, and drive techniques, integrating counter drops for tactical depth.

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

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

- Emphasize depth in forehand strokes with all shots, except boasts landing behind the T-line.

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

3. \*\*Rest\*\* (1.5 minutes)

# Activity Block 2 (12 minutes)

1. \*\*Conditioned Game: Boast-Cross-Drive: Boast-Cross-Drive With Kills Allowed (Forehand)\*\* (7 points)

- Enhance aggressive shot-making and precision, focusing on ensuring the second bounce falls strategically.

- \*Rule\*: For the cross-court and drive shots, the second bounce of the ball...

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

- Improve forehand volleying and lobbing skills with targeted bounces after first hit.

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

3. \*\*Rest\*\* (1.5 minutes)

# Activity Block 3 (15 minutes)

1. \*\*Conditioned Game: Drop-Drive: Volley Straight Drop - Straight Lob (Forehand)\*\* (9 points)

- Incorporate volleys and lobs in the forehand zone, maintaining height above the service line.

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

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

- Engage in transformational pace changes within the forehand, focusing on strategic shot placements after lob.

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

3. \*\*Rest\*\* (1.5 minutes)

# Activity Block 4 (15 minutes)

1. \*\*Conditioned Game: Drop-Drive: Drop-Drive (Deep Only) (Forehand)\*\* (9 points)

- Concentrate on drop to drive transitions, mastering depth.

- \*Rule\*: Drive: all drives first bounces must land behind T-line. Drop: all...

2. \*\*Drill: Drop-Drive: Volley Straight Drop - Straight Lob (Forehand)\*\* (3 minutes)

- Integrate lob techniques with attention to height and strategic placement.

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

3. \*\*Rest\*\* (1.5 minutes)

# Closing

- Wrap up with gentle stretching and review of session key takeaways for further improvement.