Squash Session Plan

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

# Final Squash Session Plan: 45-Minute Backhand Drill Focus

# Warm-Up (6 minutes)

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

- Objective: Gradually increase heart rate and engage the body.

- Execution: Alternate shots, focusing on smooth transitions between boast, drive, drop, and drive.

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

- Objective: Further warm up backhand, emphasizing accuracy and control.

- Execution: Maintain consistent movement, relying on correct form and footwork.

# Activity Block 1 (7.5 minutes)

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

- Rule: Ensure all cross lob shots and volley drives have their first bounce land appropriately.

- Objective: Build precision in backhand cross lob and volley drive combos.

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

# Activity Block 2 (7.5 minutes)

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

- Rule: Ensure the first bounce of all drives lands behind the T-line.

- Objective: Enhance backhand control and depth on straight drops and deep drives.

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

# Activity Block 3 (7.5 minutes)

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

- Rule: Excluding the boast, all shots must land behind the T-line.

- Objective: Reinforce accuracy and depth in backhand drives.

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

# Activity Block 4 (7.5 minutes)

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

- Rule: Ensure all cross lob shots and volley drives have their first bounce land appropriately.

- Objective: Master backhand cross lob variations and volleying techniques.

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

# Cool Down (6 minutes)

- \*\*Drill: Drop-Drive: Any light rally exercise focusing on drop shots (Backhand)\*\*

- Objective: Gradually bring the heart rate down while focusing on precision.

- Execution: Engage in controlled exchanges emphasizing soft hands and composure.

By focusing on a structured sequence of backhand drills, this session is designed to enhance the player’s ability in various backhand shot scenarios, reinforcing consistency, accuracy, and tactical positioning.