Squash Session Plan

*Request: "a 45-minute conditioned game session for an advanced player focusing on volley drops"*

\*\*Final Squash Session Plan: Advanced Player - Volley Drops Focus\*\*

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

**\*\*Session Focus:**\*\* Conditioned Games Only

### Warm-up (6 minutes)

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

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

### Activity Block 1 - Forehand Focus (17 points)

1. \*\*Conditioned Game (7 points):\*\* Drop-Drive: Volley Straight Drop - Straight Lob (Forehand)

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

2. \*\*Conditioned Game (10 points):\*\* Drop-Drive: Volley Drop - Deep Drive (Forehand)

- Custom Game: Develop your volley drop skills combined with deep drives, focusing on executing precise hand skills and foot positioning.

3. \*\*Rest:\*\* 1.5 minutes

### Activity Block 2 - Backhand Focus (16 points)

1. \*\*Conditioned Game (7 points):\*\* Drop-Drive: Volley Straight Drop - Straight Lob (Backhand)

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

2. \*\*Conditioned Game (9 points):\*\* Drop-Drive: Volley Drop - Deep Drive (Backhand)

- Custom Game: Work on backhand volley drops followed by deep drives, focusing on maintaining good racket control.

3. \*\*Rest:\*\* 1.5 minutes

### Activity Block 3 - Mixed Focus (6 points)

1. \*\*Conditioned Game (6 points):\*\* Drop-Drive: Drop-Drive (Any Drive) (Forehand or Backhand)

- \*\*Rule:\*\* Ensure volleys are followed by deep drives, concentrating on precision and consistency across both forehand and backhand.

2. \*\*Rest:\*\* 1.5 minutes

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

This plan utilizes conditioned games to hone the player's volley drop skills, providing challenges for both forehand and backhand strokes while improving tactical awareness and execution under pressure.