Squash Session Plan

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

\*\*Final Squash Session Plan: Focus on Improving Forehand\*\*

**\*\*Duration:** 60 Minutes\*\*

**\*\*Session Focus:**\*\* Dynamic Block Session with a strong focus on the forehand.

### Warm-up (6 minutes total)

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

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

### Activity Block 1 (7.5 minutes total)

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

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

2. \*\*Rest:\*\* 1.5 min

### Activity Block 2 (10.5 minutes total)

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

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

2. \*\*9 pts:\*\* Conditioned Game: Drop-Drive: Drop-Drive (any drive) (Forehand)

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

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

### Activity Block 3 (4.5 minutes total)

1. \*\*3 min:\*\* Drill: Drop-Drive: Drop-Drive (any drive) (Forehand)

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

2. \*\*Rest:\*\* 1.5 min

### Activity Block 4 (7.5 minutes total)

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

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

2. \*\*Rest:\*\* 1.5 min

### Activity Block 5 (4.5 minutes total)

1. \*\*Conditioned Game:\*\* Use the time to simulate game conditions, focusing on the forehand side. Work on engaging in rallies that focus on forehand shots, ensuring all drives are deep and land behind the T-line.

2. \*\*Rest:\*\* 1.5 min

\*Note:\* Since the focus is strictly on the forehand, backhand drills and games seen in other sessions are omitted. This session plan ensures dynamic and intense practice, emphasizing forehand technique and depth control.