Squash Session Plan

*Request: "a solo session to practice cross drops"*

\*\*Solo Squash Session Plan: Practice Cross Drops\*\*

**\*\*Duration:** 60 minutes\*\*

**\*\*Session Focus:**\*\* Dynamic Block Session

# Warm-up (6 minutes)

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

- Focus on warming up your legs and arms. Practice smooth transitions between boasts, cross-courts, and drives.

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

- Concentrate on fluid movements and preparing for dynamic shots. This drill will help set the rhythm for cross-drop practice.

# Activity Block 1 - Cross Drops Preparation (16 minutes)

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

- Rule: The second bounce of all drives must land behind the T-line. Focus on control and precision.

2. \*\*3 minutes\*\*: Drill - Drop-Drive: Drop-Drive (any drive) (Backhand)

- Emphasize accuracy in your drops. Ensure that drops are precise and the drive is controlled to set up your cross drops.

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

4. \*\*7 points\*\*: Conditioned Game - Boast-Cross-Drive: Boast - Cross Lob - Volley Drive (Forehand)

- Rule: All cross lob shots and volley drives must have their first bounce behind the T-line. Use this to hone your precision on the cross drop shot.

5. \*\*9 points\*\*: Conditioned Game - Boast-Cross-Drive: Boast-Cross-Drive With Extra Drive (Forehand)

- Rule: All cross-court shots and drives must have the second bounce behind the T-line. Allow the cross drops to become a natural part of your sequence.

6. \*\*Rest: 1.5 minutes\*\*

# Activity Block 2 - Cross Drops Practice (16 minutes)

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

- Focus on the accuracy and placement of the cross lob leading into the volley drive. Let the cross drop flow naturally from the sequences.

2. \*\*9 points\*\*: Conditioned Game - Boast-Cross-Drive: Boast-Cross-Drive With Extra Drive (Backhand)

- Rule: All cross drops must be precise and follow up with a strategic drive. Concentrate on transitioning smoothly between cross drops and drives.

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

# Activity Block 3 - Consolidation of Cross Drops (12 minutes)

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

- Rule: All drives must land behind the T-line. This drill refines your ability to use cross drops in rallies effectively.

2. \*\*7 points\*\*: Conditioned Game - Boast-Cross-Drive: Boast-Cross-Drive With Counter Drops (Forehand)

- Rule: Focus on integrating counter drops into your sequence. Sharpen your cross drop accuracy under conditioned play.

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

# Activity Block 4 - Final Cross Drops Application (10 minutes)

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

- Perfect your technique for straight drops, leading seamlessly into the cross drop strategy.

2. \*\*7 points\*\*: Conditioned Game - Boast-Cross-Drive: Boast-Cross-Drive With Counter Drops (Backhand)

- Use this game to consistently apply cross drops, ensuring they are decisive and well-positioned within gameplay.

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

\*\*End of Session\*\*

\*\*Notes:\*\*

- Consistently focus on footwork and positioning to enhance the effectiveness of your cross drops.

- Pay attention to the precision and angle of your shots, and work towards integrating them smoothly in match-like scenarios.