Squash Session Plan

*Request: "a 90-minute drill session for an advanced player"*

### 90-Minute Squash Drill Session for an Advanced Player

**\*\*Session Focus:** Drill Only\*\*

### Warm-up (6 minutes total)

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

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

### Activity Block 1 (13.5 minutes total)

1. \*\*3 min\*\*: Drill: Boast-Cross-Drive: Boast - Cross Lob - Volley Drive (Forehand)

- Rules: All cross lob shots and volley drives must have their first bounce...

2. \*\*3 min\*\*: Drill: Boast-Cross-Drive: Boast - Cross Lob - Volley Drive (Backhand)

- Rules: All cross lob shots and volley drives must have their first bounce...

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

### Activity Block 2 (13.5 minutes total)

1. \*\*3 min\*\*: Drill: Drop-Drive: Drop-Drive (Deep Only) (Backhand)

- Rules: Drive: all drives first bounces must land behind T-line. Drop: all...

2. \*\*3 min\*\*: Drill: Boast-Cross-Drive: Boast - Cross Lob - Volley Drive (Backhand)

- Rules: All cross lob shots and volley drives must have their first bounce...

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

### Activity Block 3 (13.5 minutes total)

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

- Rules: Drive: all drives first bounces must land behind T-line. Drop: all...

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

- Rules: All cross lob shots and volley drives must have their first bounce...

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

### Activity Block 4 (13.5 minutes total)

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

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

2. \*\*3 min\*\*: Drill: Drop-Drive: Volley Straight Drop - Straight Lob (Backhand)

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

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

### Activity Block 5 (13.5 minutes total)

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

- Rules: Drive: all drives first bounces must land behind T-line. Drop: all...

2. \*\*3 min\*\*: Drill: Drop-Drive: Drop-Drive (Deep Only) (Backhand)

- Rules: Drive: all drives first bounces must land behind T-line. Drop: all...

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

### Activity Block 6 (13.5 minutes total)

1. \*\*3 min\*\*: Drill: Boast-Cross-Drive: Boast-Cross-Drive With Counter Drops (Forehand)

- Rules: Cross & Drive: Every cross-court shot and the subsequent drive...

2. \*\*3 min\*\*: Drill: Boast-Cross-Drive: Boast-Cross-Drive With Counter Drops (Backhand)

- Rules: Cross & Drive: Every cross-court shot and the subsequent drive...

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

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