Squash Session Plan

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

\*\*Final Squash Session Plan: Backhand Focus (45 Minutes)\*\*

### \*\*Warm-up (6 minutes total)\*\*

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

**- Duration:** 3 minutes

- Focus: Engage the backhand with a steady rhythm to activate your swing and footwork dynamics.

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

**- Duration:** 3 minutes

- Focus: Continue dynamic warm-up, adding complexity and ensuring backhand fluidity from different court positions.

### \*\*Activity Block 1 (7.5 minutes total)\*\*

1. \*\*Drill: Boast-Cross-Drive: Boast-Cross-Drive Deep Only (Backhand)\*\*

**- Duration:** 3 minutes

- Rule: Focus on backhand shots ensuring all excluding the boast land behind the T-line.

2. \*\*Rest\*\*

**- Duration:** 1.5 minutes

- Purpose: Recovery while maintaining focus on backhand technique adjustments.

### \*\*Activity Block 2 (7.5 minutes total)\*\*

1. \*\*Drill: Boast-Cross-Drive: Boast-Cross-Drive With Extra Drive (Backhand)\*\*

**- Duration:** 3 minutes

- Rule: Emphasize generating power and precision on all cross-court shots with additional drives.

2. \*\*Rest\*\*

**- Duration:** 1.5 minutes

- Purpose: Hydration and mental note of positioning and shot accuracy.

### \*\*Activity Block 3 (7.5 minutes total)\*\*

1. \*\*Drill: Boast-Cross-Drive: Boast-Cross-Drive With Kills Allowed (Backhand)\*\*

**- Duration:** 3 minutes

- Rule: Work on attacking options, aiming for the ball's second bounce to land accurately.

2. \*\*Rest\*\*

**- Duration:** 1.5 minutes

- Purpose: Relaxation to sustain intensity and ensure shot refinement.

### \*\*Activity Block 4 (7.5 minutes total)\*\*

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

**- Duration:** 3 minutes

- Rule: Focus on control and placement, keeping all drives' first bounce beyond the T-line.

2. \*\*Rest\*\*

**- Duration:** 1.5 minutes

- Purpose: Brief pause to review drop shot execution and depth maintenance.

### \*\*Activity Block 5 (7.5 minutes total)\*\*

1. \*\*Drill: Drop-Drive: Volley Straight Drop - Straight Lob (Backhand)\*\*

**- Duration:** 3 minutes

- Rule: Practice lob shots, ensuring they are executed above the service line. Strengthen volley control.

2. \*\*Rest\*\*

**- Duration:** 1.5 minutes

- Purpose: Cool down gradually, with a focus on breathing and stretching post-session.

### \*\*Cool Down (End of Session)\*\*

**- Duration:** Optional

- Focus: Light stretching and mobility exercises to end the session on a relaxed note, preventing any tension build-up.

This session plan ensures a comprehensive focus on backhand skills within the 45-minute duration, enhancing both technical and tactical aspects.