Squash Session Plan

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

\*\*Advanced Squash Session Plan: Volley Drops Focus\*\*

**Duration:** 45 minutes

Session Type: Conditioned Games Only

### Warm-up (6 minutes)

1. \*\*Compound Boast-Cross-Boast-Drive + 2 shots\*\* (3 minutes)

- Emphasize footwork and anticipation. Focus on maintaining good balance during boast and drive transitions.

2. \*\*Compound Boast-Drive + 2 shots\*\* (3 minutes)

- Concentrate on timing and accuracy, particularly when transitioning from a boast to drive.

### Activity Block 1 (22.5 minutes)

1. \*\*Conditioned Game: Volley Drop - Drive (Deep Only - Backhand Conditioned Game) (Forehand)\*\*

- \*\*Points:\*\* 9

- \*\*Rules:\*\* The first bounce of all drives must land behind the T-line. Focus on executing precise and controlled volley drops followed by strategic deep drives.

2. \*\*Conditioned Game: Boast - Cross Lob - Volley Drive (Backhand Conditioned Game) (Forehand)\*\*

- \*\*Points:\*\* 15

- \*\*Rules:\*\* All cross lob shots and volley drives must have their first bounce land behind the T-line. Prioritize the use of the volley drop when possible within the game’s constraints, emphasizing control and positioning.

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

### Activity Block 2 (16.5 minutes)

1. \*\*Conditioned Game: Drop-Drive (Deep Only - Forehand Conditioned Game) (Forehand)\*\*

- \*\*Points:\*\* 7

- \*\*Rules:\*\* All drives' first bounces must land behind the T-line. The drop shot must be precise and well-positioned to set up subsequent powerful drives or delicate volley drops.

2. \*\*Conditioned Game: Boast - Cross Lob - Volley Drive (Forehand Conditioned Game) (Forehand)\*\*

- \*\*Points:\*\* 9

- \*\*Rules:\*\* All cross lob shots and volley drives must have their first bounce land behind the T-line. Encourage the incorporation of volley drops as a tactical option.

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

\*\*Session End\*\*

Focus on reviewing key points from the session, such as timing, shot selection, and strategic positioning during volley drops. Encourage cool down and stretching to prevent injury.