Squash Session Plan

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

# Squash Session Plan: Improving Forehand

**\*\*Duration:**\*\* 45 minutes

\*\*Focus:\*\* Dynamic Block Session (High Constraint) - Forehand Enhancement

# Warm-up

**\*\*Duration:**\*\* 6 minutes

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

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

- \*\*Rule:\*\* All drives' first bounces must land behind the T-line.

2. \*\*9 pts:\*\* Conditioned Game: Boast-Cross-Drive: Boast - Cross Lob - Volley Drive (Forehand Conditioned Game)

- \*\*Rule:\*\* All cross lob shots and volley drives must have their first bounce land behind the T-line.

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

# Activity Block 2

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

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

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

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

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

# Activity Block 3

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

- \*\*Rule:\*\* All cross lob shots and volley drives must have their first bounce land behind the T-line.

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

- \*\*Rule:\*\* All cross-court shots and drives must have their first bounce land behind the T-line.

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

# Activity Block 4

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

- \*\*Rule:\*\* All cross lob shots and volley drives must have their first bounce land behind the T-line.

2. \*\*3 min:\*\* Drill: Boast-Cross-Drive: Boast-Cross-Drive Deep Only (Forehand Drill)

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

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

\*\*End of Session\*\*