

NICELY TIGHTLY

Solo Practice Routine **05** from *BetterSquash.com*

OVERVIEW

It's a routine that helps you improve your straight drives, both when your opponents' shots are tight and when wide.

BENEFITS

Improves tightness.
Improves micro-timing.
Improves angled shots.

PREREQUISITES

Club player standard.
Watched and practiced the side-to-side video and able to do at least 10 with no mistakes.

TIME REQUIRED

**12
MINS**

(can be adjusted)

MEGA SET: TEXT

1 min: side to side (always moving forward) ¹

1 min: forehand straight drive deep ²

1 min: forehand offset straight drive deep ³

1 min: side to side (always moving forward) ¹

1 min: forehand straight drive deep ²

1 min: forehand down middle line ⁴

1 min: side to side (always moving forward) ¹

1 min: backhand straight drive deep ⁵

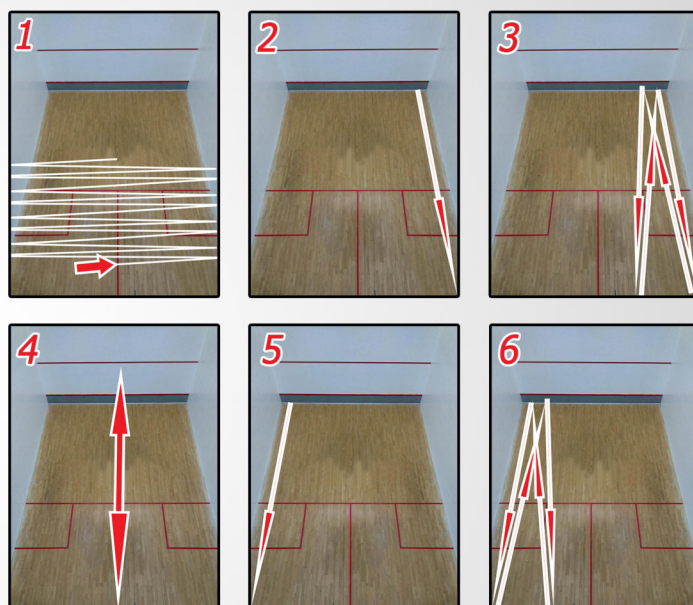
1 min: backhand offset straight drive deep ⁶

1 min: side to side (always moving forward) ¹

1 min: backhand straight drive deep ⁵

1 min: backhand down middle line ⁴

MEGA SET: GRAPHIC



EXPLANATION (WATCH THE VIDEO IF IT IS UNCLEAR)

1. Start near the door and as you hit a shot move forward a little bit. Keep moving forward very slowly.
2. Standard FH straight drive to the back, off the back wall if possible.
3. Hit a FH shot into the corner, now aim to make it bounce a service box width from the sidewall, hit it back into the corner.
4. Hit a straight drive down the middle of the court, aim to keep it against the door. It's much harder than it looks!
5. Standard BH straight drive to the back, off the back wall if possible.
6. Hit a BH shot into the corner, now aim to make it bounce a service box width from the sidewall, hit it back into the corner.

SOLO PRACTICE PRINCIPLES

1. Change your approach to solo routines. They are not what you do while waiting for an opponent, they are one of the best things you can do to improve your game!
2. **DO NOT** go on court without a set routine planned. Use timed sets or shot-number sets.
3. Do what you **NEED** to do, not what you are good at!
4. Pressure yourself. Try to do each mini-set with no mistakes.
5. Don't just hit - hit with purpose. Be very clear about what you are trying to do with each shot.

WATCH THE VIDEO



Do something every single day to improve your squash!