



A 32-minute routine based on adjusting the direction of the ball, including a brand new drill

DRILL	MINS	DESCRIPTION
Side-to-Side: Standing	1	Use this as a technical and ball warm up.
Right Corner: Bounce	2	Stand 2 or 3 metres away from the right front corner. Hit a forehand to the side wall that hits the front wall, bounces and comes back to you backhand. Hit the backhand back to the front wall so that it hits the side wall, bounces and comes to your forehand, and so on.
Side-to-Side: Walking	1	Starting near the back wall and facing towards the front wall, hit side-to-side shots so that you need to move forward to hit the next shot. Keep moving forward until you reach near the front wall and then hit the shots so that you need to move backwards a little.
Left Corner: Bounce	2	Same as the Right Corner: Bounce description but in the left corner.
Side-to-Side: Walking	1	Please see the previous Side-to-Side Walking description.
Right Corner: Volleys	1	Same as the Right Corner: Bounce, but this time on the volley.
Side-to-Side: Walking	1	See the previous Side-to-Side Walking description.
Left Corner: Volleys	1	Same as the Left Corner Bounce, but this time on the volley.
Side-to-Side: Walking	1	See the previous Side-to-Side Walking description.
Figure of Eight: Drives	1	Hit Figure of Eight shots on the bounce, trying to slice the ball low.
Figure of Four: Drives	2	Standing in front of the short line and just to the left of the half court line, hit a forehand into the corner so that it hits the front wall, then the side wall, and comes to your backhand. Then hit a backhand at the front wall so that it comes to your forehand, and so on.
Figure of Eight: Drives*	2	Hit Figure of Eight shots on the bounce, but hit one straight shot on each side before hitting into the corner. Slice the ball and hit low.
Figure of Four: Drives	2	See the previous Figure of Four description, but stand to the right of the half court line and hit the shots into the right-hand corner.
Side-to-Side: Walking	1	See the previous Side-to-Side Walking description. This time, start at the front wall and face the back wall, so you are walking forwards to it.
Forehand Corner: Drives	1	Stand in the centre of the court, in front of the short line. Hit a forehand so that it hits the front wall near the right-hand corner, then the side wall and comes back to your forehand. Aim very close to the front wall otherwise you won't be able to keep hitting the ball. It's not an easy drill.
Figure of Four: Volleys	2	See the Figure of Four description, but this time on the volley. Stand to the left of the T.
Backhand Corner: Drives	1	See the Forehand Corner Drives description, but hit backhands drives into the left-hand corner.
Figure of Eight: Volleys*	2	Hit figure of eight volleys, aiming for the service line. *Hit one straight shot on each side before hitting into the corner.
Forehand Corner: Volleys	1	See the previous Forehand Corner Drives description, but this time on the volley. Very Tough!
Figure of Four: Volleys	2	See the Figure of Four description, but this time on the volley. Stand to the right of the T.
Backhand Corner: Volleys	1	See the previous Backhand Corner Drill description, but this time on the volley. Very Tough!
Figure of Eight: Volleys*	2	See the Figure of Eight: Volleys* description.
Side-to-Side: Standing	1	Hit the ball softly, it's a technical cool down.

Scan the QR code to watch the brief explainer video.

See the membership email for full details, including my solo routine guidelines.

DO SOMETHING EVERY SINGLE DAY TO IMPROVE YOUR SQUASH