



Solo Routines Membership - January 2024

A 31-minute routine based on alternating between hitting the ball hard and softly.

DRILL	MINS	FOCUS
Side-to-Side Drives	2	Consider this a technical warm up. It also helps get the ball hot. Don't hit too hard.
Forehand Corner Drives	1	Stand near T, hit the ball at the front wall, near the corner. It should come back to you. Hit at 70% power.
Forehand Corner Drops	1	Stand near T, and feed yourself a straight soft shot and hit the ball very softly into the corner, aiming to hit the nick so it returns to you.
Figure of Eight Drives	2	Just build a rhythm, hoping to not make any mistakes. Hit at 60-70% power.
Backhand Corner Drives	1	Stand near T, hit the ball at the front wall, near the corner. It should come back to you. Hit at 70% power.
Backhand Corner Drops	1	Stand near T, and feed yourself a straight soft shot and hit the ball very softly into the corner, aiming to hit the nick so it returns to you.
Figure of Eight Drives	2	Hit at 70-80% power.
Forehand Short Straight Drives	1	Stand behind the service line, hit straight, low drives aiming to hit well before the short line. Hit at 80% power.
Forehand Soft Volley Drops	1	Stand near T, straight forehand feed to yourself, play volley drop into the forehand corner.
Figure of Eight Drives	2	Hit 70-80% power.
Backhand Short Straight Drives	1	Stand behind the service line, hit straight, low drives aiming to hit well before the short line. Hit at 80% power.
Backhand Soft Volley Drops	1	Stand near T, straight backhand feed to yourself, play volley drop into the backhand corner.
Figure of Eight Drives	2	Hit at 70-80% power.
Forehand Short Straight Drives	1	Stand behind the service line, hit straight, low drives aiming to well before the short line. Hit at 90% max power.
Forehand Corner Drives	1	Stand near T, the ball hits the front wall, then the side wall to come back to you. 90% power.
Forehand Deep Straight Drives	1	Stand behind the service box, hit straight drives aiming to make the ball come off the back wall. Hit at 90% power.
Figure of Eight Volleys	2	Hit at 80% power.
Backhand Short Straight Drives	1	Stand behind the service line, hit straight, low drives aiming to well before the short line. Hit at 90% power.
Backhand Corner Drives	1	Stand near T, the ball hits the front wall, then the side wall to come back to you. 90% power.
Backhand Deep Straight Drives	1	Stand behind the service box, hit straight drives aiming to make the ball come off the back wall. Hit at 90% power.
Figure of Eight Volleys	2	Hit at 70% power.
Forehand Soft Volley Drops	1	Stand near T, straight forehand feed to yourself, play volley drop into the forehand corner.
Backhand Soft Volley Drops	1	Stand near T, straight backhand feed to yourself, play volley drop into the backhand corner.
Side-to-Side Drives	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