



Solo Routines Membership - September 2024

A 35-minute mix of drills to apply pressure to yourself, develop control and improve concentration.

DRILL	MINS	DESCRIPTION
Figure of Eight (FoE)	2	Use this as a swing and ball warm up. Perform on the bounce or volley.
Mini-Front Drill: 10	2	Start near the front right corner: 10 st. volleys, 10 corner volleys (fh/bh), 10 fh/bh volleys (middle), 10 corner volleys (fh/bh), 10 st volleys. Repeat. If you make a mistake, continue from wherever you are.
Forehand Straight Drives Middle	1	Hit down the middle of the court, normally within the width of the door.
FoE Volleys + Straight FH	2	After the corner shot, hit the forehands straight, then into the other corner.
Backhand Straight Drives Middle	1	Hit down the middle of the court, normally within the width of the door.
2-Wall Boast/Straight BH Kill	2	Hit a high 2-wall boast on the forehand, then kill the ball into the backhand front corner.
Forehand Straight Drives	1	Drives down the wall, with every 3 rd , 4 th or 5 th shot left to bounce in the nick.
Mini-Front Drill: 15	2	See description above. This time 15 shots, not 10.
Backhand Straight Drives	1	Drives down the wall, with every 3 rd , 4 th or 5 th shot left to bounce in the nick.
FoE Volleys + Straight BH	2	After the corner shot, hit the backhands straight, then into the other corner.
Forehand Straight Drives Middle	1	Hit down the middle of the court, normally within the width of the door.
2-Wall Boast/Straight FH Kill	2	Hit a high 2-wall boast on the backhand, then kill the ball into the forehand front corner.
Backhand Straight Drives Middle	1	Hit down the middle of the court, normally within the width of the door.
Mini-Front Drill: 20	2	See first description. This time with 20 shots.
Forehand Straight Drives	1	Drives down the wall, with every 3 rd , 4 th or 5 th shot left to bounce in the nick.
FoE Volleys + Straight Both Sides	2	Corner, straight, corner, straight.
Backhand Straight Drives	1	Drives down the wall, with every 3 rd , 4 th or 5 th shot left to bounce in the nick.
2-Wall Boast/Straight Kill	2	Choose your weaker kill side and feed to that.
Forehand Straight Drives Middle	1	Hit down the middle of the court, normally within the width of the door.
Mini-Front Drill: 10!	2	See first description. This time do 10 shots, but start from the complete beginning if you make a mistake!
Backhand Straight Drives Middle	1	Hit down the middle of the court, normally within the width of the door.
Side-to-Side Volleys	1	Cool down and skill practice. Notice this drill is volleys. It's much harder than the bounce version.
Backhand High Lob Serves	1	Use a red dot and ideally a physical target on the side wall.
Forehand High Lob Serves	1	Use a red dot, don't rush to serve.

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