



## Solo Routines Membership - July 2024

A 43-minute routine based on alternating between high volleys (service returns) and a few different drills. The wide drives really focus on learning to hit deep corner shots from your opponents' mid-width drives.

DRILL	MINS	DESCRIPTION
Figure of Eight + St. Drives	2	Use this as a swing and ball warm up.
High Forehand St. Volleys	1	Stand just behind the service box. Make contact above head height.
Forehand Corner Drives	2	Hit into the right-hand front corner. Ball hits the front wall first.
High Backhand St. Volleys	1	Stand just behind the service box. Make contact above head height.
Backhand Corner Drives	2	Hit into the left-hand front corner. Ball hits the front wall first.
High Forehand St. Volleys	1	Stand just behind the service box. Make contact above head height.
Low Forehand St. Drives	2	Stand in the service box, hit straight drives low and hard.
High Backhand St. Volleys	1	Stand just behind the service box. Make contact above head height.
Low Backhand St. Drives	2	Stand in the service box, hit straight drives low and hard.
High Forehand St. Volleys	1	Stand just behind the service box. Make contact above head height.
Deep Forehand St. Drives	2	Straight drives off the back wall. Use a target on the floor if possible.
High Backhand St. Volleys	1	Stand just behind the service box. Make contact above head height.
Deep Backhand St. Drives	2	Straight drives off the back wall. Use a target on the floor if possible.
Side-to-Side Drives	2	Mid-routine sequence break.
High Forehand St. Volleys	1	Stand just behind the service box. Make contact above head height.
Wide F/H Straight Drives	2	Hit near the middle width, then every 3 <sup>rd</sup> shot, aim for corner
High Backhand St. Volleys	1	Stand just behind the service box. Make contact above head height.
Wide B/H Straight Drives	2	Hit near the middle width, then every 3 <sup>rd</sup> shot, aim for corner
High Forehand St. Volleys	1	Stand just behind the service box. Make contact above head height.
Forehand Corner Drives	2	Hit into the right-hand front corner. Ball hits the front wall first.
High Backhand St. Volleys	1	Stand just behind the service box. Make contact above head height.
Backhand Corner Drives	2	Hit into the left-hand front corner. Ball hits the front wall first.
High Forehand St. Volleys	1	Stand just behind the service box. Make contact above head height.
Low Forehand St. Drives	2	Stand in the service box, hit straight drives low and hard.
High Backhand St. Volleys	1	Stand just behind the service box. Make contact above head height.
Low Backhand St. Drives	2	Stand in the service box, hit straight drives low and hard.
Side-to-Side Drives	1	Swing cool down
Mid-Court F/H drops	1	Part cool down, part touch practice
Mid-Court B/H Drops	1	Part cool down, part touch practice

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