

Solo Routines: Club Players:

Set 01: Fast Focus: Routine 11

Technical Video



Explainer Video



Routine Timer:

Code: **QM4**


A 41-minute routine that introduces some "Hitting Adjustment" elements. These focus on better preparation and controlling the contact position. This routine has two optional ghosting drills. Please watch the technical video.

DRILL	MINS	DESCRIPTION
Figure of Eights: Bounce	1	A ball and swing heat up drill.
Figure of Eights: Volley	1	Focus on hitting slightly higher than usual.
Forehand St. Drives: Deep	1	Try to hit off the back wall in a constant rhythm.
Side-to-Sides: Drives	1	Hit as you usually do.
Backhand St. Drives: Deep	1	Try to hit off the back wall in a constant rhythm.
<i>Optional Ghosting: Side-to-side</i>	<i>1</i>	<i>Low forehand and a high backhand</i>
Figure of Eights: Volley	2	Pause your racket preparation for a fraction of a second for each shot.
Forehand St. Drives & Volleys	1	Standing on the Short line, hit a few low drives and then a few volleys.
Backhand St. Drives & Volleys	1	Standing on the Short line, hit a few low drives and then a few volleys.
Side-to-Sides: Drives	2	Pause your racket preparation for a fraction of a second for each shot.
Forehand Deep/Short St. Drives	1	Hit 2/3/4 deep drives and then one short probe. Racket prep for both shots should look the same.
Backhand Deep/Short St. Drives	1	See above.
Figure of Eights: Volley	2	Pause your racket preparation for a fraction of a second for each shot.
Forehand St. Drives & Volleys	1	Standing on the Short line, hit a few low drives and then a few volleys.
Backhand St. Drives & Volleys	1	Standing on the Short line, hit a few low drives and then a few volleys..
Side-to-Sides: Drives	2	Delay the point of contact on your forehand , i.e. hit later than usual.
Forehand Deep/Short St. Drives	1	As before.
Backhand Deep/Short St. Drives	1	As before.
<i>Optional Ghosting: Side-to-side</i>	<i>1</i>	<i>Low backhand and a high forehand</i>
Figure of Eight Volley	2	Pause your racket preparation for a fraction of a second for each shot.
Forehand St. Drives & Volleys	1	Standing on the Short line, hit 2 low drives and then 2 volleys.
Backhand St. Drives & Volleys	1	Standing on the Short line, hit 2 low drives and then 2 volleys.
Side-to-Side Drives	2	Pause your racket preparation for a fraction of a second for each shot.
Forehand Deep/Short St. Drives	1	As before.
Backhand Deep/Short St. Drives	1	As before.
Figure of Eight Volley	2	Pause your racket preparation for a fraction of a second for each shot.
Forehand St. Drives & Volleys	1	Standing on the Short line, hit 2 low drives and then 2 volleys.
Backhand St. Drives & Volleys	1	Standing on the Short line, hit 2 low drives and then 2 volleys.
Side-to-Side Drives	2	Delay the point of contact on your forehand , i.e. hit later than usual.
Forehand Deep/Short St. Drives	1	As before.
Backhand Deep/Short St. Drives	1	As before.
CDD: High Lob Serves	2	Switch sides after each serve.