



A 33-minute routine based on “*The Floor Is Lava*” - that’s right, a routine of only volleys! It’s a tough one.

This routine has a number of variations:

TIME/SHOTS: Like all the previous routines, I have set each drill with a time. This routine can easily be adjusted to use the number of shots instead. The number option works well with the mistakes option below.

MISTAKES: When performing the mini-sets, one possibility is to pressure yourself by saying that if you make a mistake you go back to the beginning. This can mean the beginning of the drill you are performing or the beginning of the whole mini-set. It really adds to the feeling of real-world situations.

BOUNCES: If you find the volley version too hard, perform it using bounces or a hybrid version of one bounce, one volley.

SETS: Feel free to add or subtract the number of mini-sets. The system of mini-sets allows your body to learn a new skill without performing the same drill for a long period of time.

DRILL	MINS	DESCRIPTION
Figure of Eight: Volleys	1	Use this as a swing and ball warm up.
Mini-Set One	6	Stand racket and arm length away from the front wall.
F/H Straight	1	Straight forehand volleys. Slightly open racket face and horizontal swing.
F-B/H Right Corner	1	Hit the ball onto the side wall/front wall then back the same way it came.
FH-BH Mid Front Wall	2	This drill is about maneuvering the racket head.
F-B/H Left Corner	1	Hit the ball onto the side wall/front wall then back the same way it came.
B/H Straight	1	Straight backhand volleys. Slightly open racket face and horizontal swing.
Figure of Eight: Volleys	2	If you find this drill difficult, alternate with bounce and volley.
Mini-Set Two	6	Stand half-way between the front wall and the short line.
F/H Straight	1	Straight forehand volleys. Slightly open racket face and horizontal swing.
F-B/H Right Corner	1	Hit the ball onto the side wall/front wall then back the same way it came.
FH-BH Mid Front Wall	2	This drill is about maneuvering the racket head.
F-B/H Left Corner	1	Hit the ball onto the side wall/front wall then back the same way it came.
B/H Straight	1	Straight backhand volleys. Slightly open racket face and horizontal swing.
Figure of Eight: Volleys	2	Keep your swing short and controlled.
Mini-Set Three	6	Repeat Mini-Set One But Start On Backhand
Figure of Eight: Volleys	2	I know it’s tough, but focus on hitting the ball at the same speed each shot.
Mini-Set Four	6	Repeat Mini-Set Two But Start On Backhand
Figure of Eight: Volleys	2	Hit the ball medium speed, it’s a technical cool down.
Side-to-Sides: Volleys	2	Another cool down. Don’t worry if you can’t do many shots without mistakes.