

Solo Routines Membership - October 2024



This is a 41- minute “back to basics” routine that is physically demanding, but also requires good ball control.

DRILL	MINS	DESCRIPTION
Backhand Straight Volleys	1	Perform from halfway between the front wall and Short line.
Forehand Straight Volleys	1	Use this as a swing and ball warm up.
Backhand Corner Drives:	2	Hit the front wall then the side wall close to the corner. Hit at 80% max.
Backhand Straight Volleys	1	Stand on the short line. Hit straight volleys at shoulder height. 70% max.
Forehand Corner Drives	2	Hit the front wall then the side wall close to the corner. 80% max.
Forehand Straight Volleys	1	Stand on the short line. Hit straight volleys at shoulder height. 70% max.
Low Backhand Straight Drive	2	Stand on the short line. Hit low and hard drives close to the side wall.
Figure of Eight + St. Volley	1	The usual figure of eight, but include a straight volley on both sides.
Low Forehand Straight Drives	2	Stand on the short line. Hit low and hard drives close to the side wall.
Figure of Eight + St. Volley	1	The usual figure of eight, but include a straight volley on both sides.
Backhand Corner Drives	2	Hit the front wall then the side wall close to the corner. 90% max.
Backhand Straight Volleys	1	Stand on the short line. Hit straight volleys at shoulder height. 70% max.
Forehand Corner Drives	2	Hit the front wall then the side wall close to the corner. 90% max.
Forehand Straight Volleys	1	Stand on the short line. Hit straight volleys at shoulder height. 70% max.
Low Backhand Straight Drives	2	Stand on the short line. Hit low and hard drives close to the side wall.
Figure of Eight + St. Volley	1	The usual figure of eight, but include a straight volley on both sides.
Low Forehand Straight Drives	2	Stand on the short line. Hit low and hard drives close to the side wall.
Figure of Eight + St. Volley	1	The usual figure of eight, but include a straight volley on both sides.
Backhand Corner Drives	2	Hit the front wall then the side wall close to the corner. 90% max.
Forehand Straight Volleys	1	Stand on the short line. Hit straight volleys at shoulder height. 70% max.
Forehand Corner Drives	2	Hit the front wall then the side wall close to the corner. 90% max.
Backhand Straight Volleys	1	Stand on the short line. Hit straight volleys at shoulder height. 70% max .
Low Backhand Straight Drives	2	Stand on the short line. Hit low and hard drives close to the side wall.
Figure of Eight + St. Volley	1	The usual figure of eight, but include a straight volley on both sides.
Low Forehand Straight Drives	2	Stand on the short line. Hit low and hard drives close to the side wall.
Figure of Eight + St. Volley	1	The usual figure of eight, but include a straight volley on both sides.
CDD: Backhand Corner Drops	1	Stand in the right service box, hit the opposite corner with a drop. Don't use your hands to pick the ball up - use your racket.
CDD: Forehand Corner Drops	1	As above, but reversed.
CDD: Side-to-Side volleys	1	Keep the swing short and controlled.

* CDD: Cool Down Drill

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