



A 34-minute routine based on hitting straight shots from different distances from the front wall performed all on one side, then the other. Start on **BH** if you prefer.

| DRILL | MINS | DESCRIPTION |
|---------------------------------|------|---|
| Figure of Eight: Bounces | 2 | Use this as a swing and ball warm up. |
| Short FH Straight Drives | 1 | Stand close to the front wall & bend low to hit short pushes as close to the side wall as possible. |
| Figure of Eight: Bounces | 1 | Hit the ball 80% your maximum. Focus on hitting low but NOT hitting the tin. |
| Mid FH Straight Drives | 2 | Stand on the short line and hit hard drives along the wall. Early racket prep is a must! |
| Figure of Eight: Bounces | 1 | Hit the ball 85% your maximum. Focus on hitting with no mistakes. Shots don't have to be low. |
| Deep FH Straight Drives | 2 | Stand deep in the corner and hit deep drives off the back wall. Aim just under the service line. |
| Figure of Eight: Volleys | 1 | Build a rhythm. That means getting the angle of your shots just right. |
| Short FH Volleys | 1 | Stand close to the front wall and use a short swing to push the ball with a firm wrist. |
| Figure of Eight: Volleys | 1 | Pretend you have a metronome in your head - keep rhythm with the ticks. Tick, Tick, Tick! |
| Mid FH Volleys | 2 | Stand on the short line & hit volleys with the intention of sticking to the side wall. Beat yourself! |
| Figure of Eight: Volleys | 1 | Keep that rhythm going. It's an indication of accurate shots. |
| Deep FH Volleys | 2 | Tough one now. These are like service returns. Aim high and keep your arm up too. |
| Figure of Eight: Bounces | 1 | Try to do this without moving your feet. It's harder than it seems. |
| Short BH Straight Drives | 1 | Stand close to the front wall & bend low to hit short pushes as close to the side wall as possible. |
| Figure of Eight: Bounces | 1 | Hit the ball 80% your maximum. Focus on hitting low but NOT hitting the tin. |
| Mid BH Straight Drives | 2 | Stand on the short line and hit hard drives along the wall. Early racket prep is a must! |
| Figure of Eight: Bounces | 1 | Hit the ball 85% your maximum. Focus on hitting with no mistakes. Shots don't have to be low. |
| Deep BH Straight Drives | 2 | Stand deep in the corner and hit deep drives off the back wall. Aim just under the service line. |
| Figure of Eight: Volleys | 1 | Build a rhythm. That means getting the angle of your shots just right. |
| Short BH Volleys | 1 | Stand close to the front wall and use a short swing to push the ball with a firm wrist. |
| Figure of Eight: Volleys | 1 | Pretend you have a metronome in your head - keep rhythm with the ticks. Tick, Tick, Tick! |
| Mid BH Volleys | 2 | Stand on the short line & hit volleys with the intention of sticking to the side wall. Beat yourself! |
| Figure of Eight: Volleys | 1 | Keep that rhythm going. Even a small change in direction changes the rhythm. |
| Deep BH Volleys | 2 | Tough one again. These are like service returns. Aim high and keep your arm up too. |
| Figure of Eight: Bounces | 1 | Hit the ball softly, it's a technical cool down. |

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