



Solo Routines Membership - February 2024

A 30-minute routine based on feeding and killing the ball.

DRILL	MINS	FOCUS
Side-To-Side Drives	2	Use this as a technical and ball warm up.
Forehand Straight Drives	1	Hit straight drives to the back, aiming to hit the ball off the back wall.
Forehand Crosscourt Bounce Kills	2	Hit a figure-of-eight backhand and let it bounce, then hit a forehand crosscourt nick.
Backhand Straight Drives	1	Hit straight drives to the back, aiming to hit the ball off the back wall.
Backhand Crosscourt Bounce Kills	2	Hit a figure-of-eight forehand and let it bounce, then hit a backhand crosscourt nick.
Side-to-Side Drives	1	Hit the ball at 80% your max power.
Forehand Straight Volley Kills	1	Stand between the T and the service box on the short line. Hit a forehand feed to hit a forehand kill into the forehand corner.
FH Crosscourt Volley Kills	2	Hit a high figure-of-eight backhand and aim to hit a forehand crosscourt volley nick.
Backhand Straight Volley Kills	1	Stand between the T and the service box on the short line. Hit a backhand as a feed to hit a backhand kill into the backhand corner.
BH Crosscourt Volley Kills	2	Hit a high figure-of-eight forehand and aim to hit a backhand crosscourt volley nick.
Figure-of-Eight Bounce	1	Hit the ball at 75% your max power. Try to build a rhythm.
Forehand Straight 5th Drives	2	Hit straight drives to the back, aiming to hit the ball off the back wall. Every 5th shot aim for "second bounce in the nick". Let it bounce.
FH Straight Bounce Kills	1	Feed with a forehand reverse angle (3 walls) then hit a straight forehand kill into the front.
Backhand Straight 5th Drives	2	Hit straight drives to the back, aiming to hit the ball off the back wall. Every 5th shot aim for "second bounce in the nick". Let it bounce.
BH Straight Bounce Kills	1	Feed with a backhand reverse angle (3 walls) then hit a straight backhand kill into the front.
Side-to-Sides Drives	1	Hit the ball at 85% your max power.
BH Crosscourt Volley Kills	1	Hit a high figure-of-eight forehand and aim to hit a backhand crosscourt volley nick
Forehand Straight Volley Kills	1	Stand between the T and the service box on the short line. Hit a forehand feed to hit a forehand kill into the forehand corner.
FH Crosscourt Volley Kills	1	Hit a high figure-of-eight backhand and aim to hit a forehand crosscourt volley nick
Backhand Straight Volley Kills	1	Stand between the T and the service box on the short line. Hit a backhand as a feed to hit a backhand kill into the backhand corner.
Forehand Straight 5th Drives	1	Hit straight drives to the back, aiming to hit the ball off the back wall. Every 5th shot aim for "second bounce in the nick". Let it bounce.
Backhand Straight 5th Drives	1	Hit straight drives to the back, aiming to hit the ball off the back wall. Every 5th shot aim for "second bounce in the nick". Let it bounce.
Side-to-side	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