

Solo Routines: Club Players: Set 01: Fast Focus: Routine 07

A 43-minute routine based on alternating between high volleys (service returns) and a few different drills. The wide drives really focus on learning to hit deep corner shots from your opponents' mid-width drives.



DRILL	MINS	DESCRIPTION
Figure of Eight + St. Drives	2	Use this as a swing and ball warm up.
High Forehand St. Volleys	1	Stand just behind the service box. Make contact above head height.
Forehand Corner Drives	2	Hit into the right-hand front corner. Ball hits the front wall first.
High Backhand St. Volleys	1	Stand just behind the service box. Make contact above head height.
Backhand Corner Drives	2	Hit into the left-hand front corner. Ball hits the front wall first.
High Forehand St. Volleys	1	Stand just behind the service box. Make contact above head height.
Low Forehand St. Drives	2	Stand in the service box, hit straight drives low and hard.
High Backhand St. Volleys	1	Stand just behind the service box. Make contact above head height.
Low Backhand St. Drives	2	Stand in the service box, hit straight drives low and hard.
High Forehand St. Volleys	1	Stand just behind the service box. Make contact above head height.
Deep Forehand St. Drives	2	Straight drives off the back wall. Use a target on the floor if possible.
High Backhand St. Volleys	1	Stand just behind the service box. Make contact above head height.
Deep Backhand St. Drives	2	Straight drives off the back wall. Use a target on the floor if possible.
Side-to-Side Drives	2	Mid-routine sequence break.
High Forehand St. Volleys	1	Stand just behind the service box. Make contact above head height.
Wide F/H Straight Drives	2	Hit near the middle width, then every 3 rd shot, aim for corner
High Backhand St. Volleys	1	Stand just behind the service box. Make contact above head height.
Wide B/H Straight Drives	2	Hit near the middle width, then every 3 rd shot, aim for corner
High Forehand St. Volleys	1	Stand just behind the service box. Make contact above head height.
Forehand Corner Drives	2	Hit into the right-hand front corner. Ball hits the front wall first.
High Backhand St. Volleys	1	Stand just behind the service box. Make contact above head height.
Backhand Corner Drives	2	Hit into the left-hand front corner. Ball hits the front wall first.
High Forehand St. Volleys	1	Stand just behind the service box. Make contact above head height.
Low Forehand St. Drives	2	Stand in the service box, hit straight drives low and hard.
High Backhand St. Volleys	1	Stand just behind the service box. Make contact above head height.
Low Backhand St. Drives	2	Stand in the service box, hit straight drives low and hard.
Side-to-Side Drives	1	Swing cool down
Mid-Court F/H drops	1	Part cool down, part touch practice
Mid-Court B/H Drops	1	Part cool down, part touch practice