

Solo Routines: Club Players: Set 01: Fast Focus: Routine 09

A 35-minute mix of drills to apply pressure to yourself, develop control and improve concentration.



DRILL	MINS	DESCRIPTION
Figure of Eight (FoE)	2	Use this as a swing and ball warm up. Perform on the bounce or volley.
Mini-Front Drill: 10	2	Start near the front right corner: 10 st. volleys, 10 corner volleys (fh/bh), 10 fh/bh volleys (middle), 10 corner volleys (fh/bh), 10 st volleys. Repeat. If you make a mistake, continue from wherever you are.
Forehand Straight Drives Middle	1	Hit down the middle of the court, normally within the width of the door.
FoE Volleys + Straight FH	2	After the corner shot, hit the forehands straight, then into the other corner.
Backhand Straight Drives Middle	1	Hit down the middle of the court, normally within the width of the door.
2-Wall Boast/Straight BH Kill	2	Hit a high 2-wall boast on the forehand, then kill the ball into the backhand front corner.
Forehand Straight Drives	1	Drives down the wall, with every 3 rd , 4 th or 5 th shot left to bounce in the nick.
Mini-Front Drill: 15	2	See description above. This time 15 shots, not 10.
Backhand Straight Drives	1	Drives down the wall, with every 3 rd , 4 th or 5 th shot left to bounce in the nick.
FoE Volleys + Straight BH	2	After the corner shot, hit the backhands straight, then into the other corner.
Forehand Straight Drives Middle	1	Hit down the middle of the court, normally within the width of the door.
2-Wall Boast/Straight FH Kill	2	Hit a high 2-wall boast on the backhand, then kill the ball into the forehand front corner.
Backhand Straight Drives Middle	1	Hit down the middle of the court, normally within the width of the door.
Mini-Front Drill: 20	2	See first description. This time with 20 shots.
Forehand Straight Drives	1	Drives down the wall, with every 3 rd , 4 th or 5 th shot left to bounce in the nick.
FoE Volleys + Straight Both Sides	2	Corner, straight, corner, straight.
Backhand Straight Drives	1	Drives down the wall, with every 3 rd , 4 th or 5 th shot left to bounce in the nick.
2-Wall Boast/Straight Kill	2	Choose your weaker kill side and feed to that.
Forehand Straight Drives Middle	1	Hit down the middle of the court, normally within the width of the door.
Mini-Front Drill: 10!	2	See first description. This time do 10 shots, but start from the complete beginning if you make a mistake!
Backhand Straight Drives Middle	1	Hit down the middle of the court, normally within the width of the door.
Side-to-Side Volleys	1	Cool down and skill practice. Notice this drill is volleys. It's much harder than the bounce version.
Backhand High Lob Serves	1	Use a red dot and ideally a physical target on the side wall.
Forehand High Lob Serves	1	Use a red dot, don't rush to serve.