

## Solo Routines: Club Players: Set 01: Fast Focus: Routine 04

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	<b>2</b>	Use this as a swing and ball warm up.
Short <b>FH</b> 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 <b>FH</b> Straight Drives	<b>2</b>	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 <b>FH</b> Straight Drives	<b>2</b>	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 <b>FH</b> 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 <b>FH</b> Volleys	<b>2</b>	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 <b>FH</b> Volleys	<b>2</b>	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 <b>BH</b> 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 <b>BH</b> Straight Drives	<b>2</b>	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 <b>BH</b> Straight Drives	<b>2</b>	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 <b>BH</b> 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 <b>BH</b> Volleys	<b>2</b>	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 <b>BH</b> Volleys	<b>2</b>	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.