

**Solo Routines: Club Players: Set 01:****Fast Focus: Routine 12**

A 42-minute routine that focuses on two extremes; deep drives and short kills. It consists of mostly straight drills, but includes crosscourt kills. This routine has optional ghosting drills.

DRILL	MINS	DESCRIPTION
Forehand St. Volleys: Midcourt	1	Stand on the short line and hit straight volleys to yourself.
Forehand St. Drives: Deep	1	Make the ball come off the back wall and use a target.
Backhand St. Volleys: Midcourt	1	Stand on the short line and hit straight volleys to yourself.
Backhand St. Drives: Deep	1	Make the ball come off the back wall and use a target.
<i>Ghosting: Sides</i>	1	<i>Two low , two medium, 2 high and so on.</i>
Forehand St. Drives: Deep	2	Aim to hit the ball at exactly the same height on the front wall.
Forehand 3 St.Volleys, St. Kill	2	Stand on the short line and hit 3 st. volley feeds, then cut the ball low.
Backhand St. Drives: Deep	2	To hit deep, you need to get under the ball.
Backhand 3 St.Volleys, St. Kill	2	Stand on the short line and hit 3 st. volley feeds, then cut the ball low.
<i>Ghosting: Sides + Back</i>	1	<i>Sides and back corners. Any combination of sides and corners is fine.</i>
Forehand St. Drives: Deep	2	Aim to hit the ball at the same speed every single hit.
Forehand 3 St.Volleys, Xcourt Kill	2	Stand on the short line and hit 3 st. volley feeds, then crosscourt short kill.
Backhand St. Drives: Deep	2	Remember to drop the racket head as you swing down.
Backhand 3 St.Volleys, Xcourt Kill	2	Stand on the short line and hit 3 st. volley feeds, then crosscourt short kill.
<i>Ghosting: Sides</i>	1	<i>Two low , two medium, 2 high and so on.</i>
Forehand St. Drives: Deep	2	Aim to hit the ball at exactly the same height on the front wall.
Forehand 3 St.Volleys, St. Kill	2	Stand on the short line and hit 3 st. volley feeds, then cut the ball low.
Backhand St. Drives: Deep	2	To hit deep, you need to get under the ball.
Backhand 3 St.Volleys, St. Kill	2	Stand on the short line and hit 3 st. volley feeds, then cut the ball low.
<i>Ghosting: Sides + Front</i>	1	<i>Sides and front corners. Any combination of sides and corners is fine.</i>
Forehand St. Drives: Deep	2	Aim to hit the ball at the same speed every single hit.
Forehand 3 St.Volleys, Xcourt Kill	2	Stand on the short line and hit 3 st. volley feeds, then crosscourt short kill.
Backhand St. Drives: Deep	2	Remember to drop the racket head as you swing down.
Backhand 3 St.Volleys, Xcourt Kill	2	Stand on the short line and hit 3 st. volley feeds, then crosscourt short kill.
<i>Ghosting: Short Star Pattern</i>	1	<i>Any combination of points is fine. No more than a few steps for each shot.</i>
Side-to-Side: 100% Max	15 secs	Hit every single shot as hard as you can!
Side-to-Side: 75% Max	30 secs	Don't worry about being exactly 75%, just try to hit at the same approximate speed.
Side-to-Side: 50% Max	45 secs	You should feel the extra amount of time you have to prepare your racket.
Side-to-Side: 25% Max	1	This will feel very slow.
CDD: Side-to Side Volleys	2	Keep your swing short and simple.