

Solo Routines: Club Players: Set 01: Fast Focus: Routine 05

A 33-minute routine based on “*The Floor Is Lava*” - that’s right, a routine of only volleys! It’s a tough one.



This routine has a number of variations:

TIME/SHOTS: Like all the previous routines, I have set each drill with a time. This routine can easily be adjusted to use the number of shots instead. The number option works well with the mistakes option below.

MISTAKES: When performing the mini-sets, one possibility is to pressure yourself by saying that if you make a mistake you go back to the beginning. This can mean the beginning of the drill you are performing or the beginning of the whole mini-set. It really adds to the feeling of real-world situations.

BOUNCES: If you find the volley version too hard, perform it using bounces or a hybrid version of one bounce, one volley.

SETS: Feel free to add or subtract the number of mini-sets. The system of mini-sets allows your body to learn a new skill without performing the same drill for a long period of time.

FoE - MOVING: For those that feel able, walk forward and backwards when performing the Figure of Eight drill. Don’t move too quickly or too far forward though. Try it on the bounce if you find the volleys too difficult.

DRILL	MINS	DESCRIPTION
Figure of Eight: Volleys	1	Use this as a swing and ball warm up.
Mini-Set One	6	Stand racket and arm length away from the front wall.
F/H Straight	1	Straight forehand volleys. Slightly open racket face and horizontal swing.
F-B/H Right Corner	1	Hit the ball onto the side wall/front wall then back the same way it came.
FH-BH Mid Front Wall	2	This drill is about maneuvering the racket head.
F-B/H Left Corner	1	Hit the ball onto the side wall/front wall then back the same way it came.
B/H Straight	1	Straight backhand volleys. Slightly open racket face and horizontal swing.
Figure of Eight: Volleys	2	If you find this drill difficult, alternate with bounce and volley.
Mini-Set Two	6	Stand half-way between the front wall and the short line.
F/H Straight	1	Straight forehand volleys. Slightly open racket face and horizontal swing.
F-B/H Right Corner	1	Hit the ball onto the side wall/front wall then back the same way it came.
FH-BH Mid Front Wall	2	This drill is about maneuvering the racket head.
F-B/H Left Corner	1	Hit the ball onto the side wall/front wall then back the same way it came.
B/H Straight	1	Straight backhand volleys. Slightly open racket face and horizontal swing.
Figure of Eight: Volleys	2	Keep your swing short and controlled.
Mini-Set Three	6	Repeat Mini-Set One But Start On Backhand
Figure of Eight: Volleys	2	I know it’s tough, but focus on hitting the ball at the same speed each shot.
Mini-Set Four	6	Repeat Mini-Set Two But Start On Backhand
Figure of Eight: Volleys	2	Hit the ball medium speed, it’s a technical cool down.
Side-to-Sides: Volleys	2	Another cool down. Don’t worry if you can’t do many shots without mistakes.