

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

A 31-minute routine based on alternating between hitting the ball hard and softly.

DRILL	MINS	FOCUS
Side-to-Side Drives	2	Consider this a technical warm up. It also helps get the ball hot. Don't hit too hard.
Forehand Corner Drives	1	Stand near T, hit the ball at the front wall, near the corner. It should come back to you. Hit at 70% power.
Forehand Corner Drops	1	Stand near T, and feed yourself a straight soft shot and hit the ball very softly into the corner, aiming to hit the nick so it returns to you.
Figure of Eight Drives	2	Just build a rhythm, hoping to not make any mistakes. Hit at 60-70% power.
Backhand Corner Drives	1	Stand near T, hit the ball at the front wall, near the corner. It should come back to you. Hit at 70% power.
Backhand Corner Drops	1	Stand near T, and feed yourself a straight soft shot and hit the ball very softly into the corner, aiming to hit the nick so it returns to you.
Figure of Eight Drives	2	Hit at 70-80% power.
Forehand Short Straight Drives	1	Stand behind the service line, hit straight, low drives aiming to hit well before the short line. Hit at 80% power.
Forehand Soft Volley Drops	1	Stand near T, straight forehand feed to yourself, play volley drop into the forehand corner.
Figure of Eight Drives	2	Hit 70-80% power.
Backhand Short Straight Drives	1	Stand behind the service line, hit straight, low drives aiming to hit well before the short line. Hit at 80% power.
Backhand Soft Volley Drops	1	Stand near T, straight backhand feed to yourself, play volley drop into the backhand corner.
Figure of Eight Drives	2	Hit at 70-80% power.
Forehand Short Straight Drives	1	Stand behind the service line, hit straight, low drives aiming to well before the short line. Hit at 90% max power.
Forehand Corner Drives	1	Stand near T, the ball hits the front wall, then the side wall to come back to you. 90% power.
Forehand Deep Straight Drives	1	Stand behind the service box, hit straight drives aiming to make the ball come off the back wall. Hit at 90% power.
Figure of Eight Volleys	2	Hit at 80% power.
Backhand Short Straight Drives	1	Stand behind the service line, hit straight, low drives aiming to well before the short line. Hit at 90% power.
Backhand Corner Drives	1	Stand near T, the ball hits the front wall, then the side wall to come back to you. 90% power.
Backhand Deep Straight Drives	1	Stand behind the service box, hit straight drives aiming to make the ball come off the back wall. Hit at 90% power.
Figure of Eight Volleys	2	Hit at 70% power.
Forehand Soft Volley Drops	1	Stand near T, straight forehand feed to yourself, play volley drop into the forehand corner.
Backhand Soft Volley Drops	1	Stand near T, straight backhand feed to yourself, play volley drop into the backhand corner.
Side-to-Side Drives	1	Hit the ball softly, it's a technical cool down.