

## Solo Routines: Club Players: Set 01: Fast Focus: Routine 10

A 41-minute "back to basics" routine that is physically demanding, but also requires good ball control.



DRILL	MINS	DESCRIPTION
Backhand Straight Volleys	1	Perform from halfway between the front wall and Short line.
Forehand Straight Volleys	1	Use this as a swing and ball warm up.
Backhand Corner Drives:	2	Hit the front wall then the side wall close to the corner. Hit at <b>80%</b> max.
Backhand Straight Volleys	1	Stand on the short line. Hit straight volleys at shoulder height. <b>70%</b> max.
Forehand Corner Drives	2	Hit the front wall then the side wall close to the corner. <b>80%</b> max.
Forehand Straight Volleys	1	Stand on the short line. Hit straight volleys at shoulder height. <b>70%</b> max.
Low Backhand Straight Drive	2	Stand on the short line. Hit low and hard drives close to the side wall.
Figure of Eight + St. Volley	1	The usual figure of eight, but include a straight volley on both sides.
Low Forehand Straight Drives	2	Stand on the short line. Hit low and hard drives close to the side wall.
Figure of Eight + St. Volley	1	The usual figure of eight, but include a straight volley on both sides.
Backhand Corner Drives	2	Hit the front wall then the side wall close to the corner. <b>90%</b> max.
Backhand Straight Volleys	1	Stand on the short line. Hit straight volleys at shoulder height. <b>70%</b> max.
Forehand Corner Drives	2	Hit the front wall then the side wall close to the corner. <b>90%</b> max.
Forehand Straight Volleys	1	Stand on the short line. Hit straight volleys at shoulder height. <b>70%</b> max.
Low Backhand Straight Drives	2	Stand on the short line. Hit low and hard drives close to the side wall.
Figure of Eight + St. Volley	1	The usual figure of eight, but include a straight volley on both sides.
Low Forehand Straight Drives	2	Stand on the short line. Hit low and hard drives close to the side wall.
Figure of Eight + St. Volley	1	The usual figure of eight, but include a straight volley on both sides.
Backhand Corner Drives	2	Hit the front wall then the side wall close to the corner. <b>90%</b> max.
Forehand Straight Volleys	1	Stand on the short line. Hit straight volleys at shoulder height. <b>70%</b> max.
Forehand Corner Drives	2	Hit the front wall then the side wall close to the corner. <b>90%</b> max.
Backhand Straight Volleys	1	Stand on the short line. Hit straight volleys at shoulder height. <b>70%</b> max .
Low Backhand Straight Drives	2	Stand on the short line. Hit low and hard drives close to the side wall.
Figure of Eight + St. Volley	1	The usual figure of eight, but include a straight volley on both sides.
Low Forehand Straight Drives	2	Stand on the short line. Hit low and hard drives close to the side wall.
Figure of Eight + St. Volley	1	The usual figure of eight, but include a straight volley on both sides.
CDD: Backhand Corner Drops	1	Stand in the right service box, hit the opposite corner with a drop. Don't use your hands to pick the ball up - use your racket.
CDD: Forehand Corner Drops	1	As above, but reversed.
CDD: Side-to-Side volleys	1	Keep the swing short and controlled.

\* CDD: Cool Down Drill