

## Solo Routines: Club Players: Set 01: Fast Focus: Routine 08

A 34-minute routine based on moving while hitting and constantly adjusting the shot-angle.



DRILL	MINS	DESCRIPTION
Side-to-Side Drives	2	Use this as a swing and ball warm up.
FH Bounce Square ↻	2	Starting in the front right hand corner, hit the ball along the wall with increasing length. When you get to the short line, move along it to the T, then move forward to the front wall, finally move along the front wall to the right hand corner. Then continue around.
Walking Side-to-Side Drives: Centre	1	Starting against the back wall, hit side-to-side drives while moving forward. When you reach the front wall continue the drill walking backwards towards the back wall.
BH Bounce Square ↻	2	Perform on the backhand. See description above.
Walking Side-to-Side Drives: Right	1	Start the drill, 1 step to the right this time. Makes it much more difficult.
FH Bounce Square ↻	2	Copy the drill from the first set, but this time perform it in an anti-clockwise rotation.
Walking Side-to-Side Drives: Centre	1	Make your steps small. It's not a race to the front wall.
BH Bounce Square ↻	2	Perform on the backhand. Copy the drill from the first set, but this time perform it in an anti-clockwise rotation.
Walking Side-to-Side Drives: Left	1	Start the drill, 1 step to the left this time. It will change how the drill feels.
FH Volley Square ↻	2	Perform the drill clockwise, but now on the volley. Can you do it all the way around with no mistakes?
Walking Side-to-Side Drives: Centre	1	Perform the drill starting on the centre line near the back wall/door..
BH Volley Square ↻	2	Perform the drill on the volley and clockwise.
Walking Side-to-Side Drives: Right	1	Those shots close to the side wall are tough, right?
FH Volley Square ↻	2	Perform the volley drill anticlockwise now. Which is easier?
Walking Side-to-Side Drives: Centre	1	Take small steps and focus on your timing.
BH Volley Square ↻	2	Some find the backhand anticlockwise the most difficult.
Walking Side-to-Side Drives: Left	1	The forehand shots are really half-volleys.
Front-Right Diagonal Volleys ↗	2	Start in the front right corner and move to the back of the opposite service box. Volley the ball as you move.
Walking Side-to-Side Drives: Centre	1	Remember, keep those steps small. It means your control is better.
Front-Left Diagonal Volleys ↖	2	Same as above but from the front left.
Side-to-Side Drives	1	Swing cool down
Mid-Court F/H Crosscourt Nicks	1	Part cool down, part kill practice
Mid-Court B/H Crosscourt Nicks	1	Part cool down, part kill practice