



This 42-minute routine 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>	<i>1</i>	<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>	<i>1</i>	<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>	<i>1</i>	<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>	<i>1</i>	<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>	<i>1</i>	<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.

Scan the QR code to watch the brief explainer video.

See the membership email for full details, including my solo routine guidelines.

DO SOMETHING EVERY SINGLE DAY TO IMPROVE YOUR SQUASH