

Solo Routines: Club Players: Set 01: Fast Focus: Routine 06

A 39-minute mini-set routine based on alternating between power and straight control. Please see the explainer video for a demonstration of some drills. I found them difficult to explain in a short sentence.

This routine works best with targets, which is simply an A4 piece of paper folded length-ways. Shown in the video.

Each mini-set consists of the 11 drills below. Take a VERY short drink break in between each mini-set if you want to. In addition, hit at 70% max power for the *Double Reverse Angle* drill in mini-set one, 80% for mini-set two and 90% for mini-set three.

DRILL	MINS	DESCRIPTION
Side-to-Sides	1	Use this as a swing and ball warm up.
MINI-SET		
F/H Double Reverse Angle	1	A reverse angle, but aimed to hit side, front & side before the bounce.
F/H Deep St. Drives	1	Aim to hit a target at the back of the service box - two balls' width.
B/H Double Reverse Angle	1	A reverse angle, but aimed to hit side, front & side before the bounce.
B/H Deep St. Drives	1	Aim to hit a target at the back of the service box - two balls' width.
F/H Double Reverse Angle	1	A reverse angle, but aimed to hit side, front & side before the bounce.
F/H Deep St. Drives Centre	1	Aim to hit a target at the back of the service box - two balls' width.
B/H Double Reverse Angle	1	A reverse angle, but aimed to hit side, front & side before the bounce.
B/H Deep St. Drives Centre	1	Aim to hit a target at the back of the service box - two balls' width.
F/H Double Reverse Angle	1	A reverse angle, but aimed to hit side, front & side before the bounce.
F-B/H Straight Kill	1	A reverse angle feed, kill, feed to the other side.
B/H Double Reverse Angle	1	A reverse angle, but aimed to hit side, front & side before the bounce.
F-B/H Straight Kill	1	A reverse angle feed, kill, feed to the other side.
<i>When you have finished all three mini-sets perform the following two cool down drills.</i>		
F/H Dead Ball Soft Drops	1	Learn to hit a drop from a dead ball feed.
B/H Dead Ball Soft Drops	1	Learn to hit a drop from a dead ball feed.