

**TRIVOLLEYS: *Foundation Level***

A Solo Routine for Club Players

BetterPractice  
App Code:**LY8**

Explainer Video



A 10-minute, 570 shot volley routine designed to improve your close and deep volley control.

DRILL	SECS	SHOTS*	DESCRIPTION
Side-to-Side Drives	90	50	This is a heat up drill for both the ball and you.
<b>Main Routine Starts.</b>			
Forehand Corner Drives	45	25	Standing in front of the short line in the middle, hit a forehand drive into the right front corner so that it comes back to you, then repeat.
Reaction & Adaptation Volleys	45	75	Standing about 2 metres away from the front wall, hit a forehand volley to your backhand, then hit the backhand volley to your forehand.
Figure of Eights	30	25	Standing in front of the short line in the middle, hit a forehand volley into the left front corner and then a backhand volley into the right front corner, repeat.
Forehand Block Volleys	40	35	Stand on the short line. Hit straight volleys at shoulder height. <b>70%</b> max.
Forehand Corner Drives	45	25	See description above.
Forehand Deep Straight Volleys	45	25	Standing near the back of the service box, hit a high straight volley to the back of the court and keep hitting those.
Backhand Corner Drives	45	25	See forehand description above.
Reaction & Adaptation Volleys	45	75	See description above.
Figure of Eights	30	25	See description above.
Backhand Block Volleys	40	35	See forehand description above.
Backhand Corner Drives	45	25	See forehand description above.
Backhand Straight Deep Volleys	45	25	See forehand description above.
<b>Main Routine Ends</b>			
Side-to-Side Volleys	45	100	This is a cool down drill (CDD), don't ignore it.
<b>Totals:</b>	<b>10:35</b>	<b>570</b>	

\* This is an approximate number of shots and will depend on how many mistakes you make and your level.