

TRIVOLLEYS: *Advanced Level*

A Solo Routine for Club Players

BetterPractice
App Code:**KU4**

Explainer Video



A 17-minute, 945 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.
Main Routine Starts.			
Forehand Corner Drives	90	50	Standing in front of the short line in the middle, hit a HARD forehand drive into the right front corner so that it comes back to you, then repeat.
Reaction & Adaptation Volleys	55	100	Standing about 1.5 metres away from the front wall, hit a forehand volley to your backhand, then hit the backhand volley to your forehand. Hit
Figure of Eights	50	60	Standing in front of the short line in the middle, hit a forehand volley back to yourself, then a forehand into the left front corner and then a backhand straight volley, then a backhand into the right front corner, repeat.
Forehand Block Volleys	75	75	Stand on the short line. Hit straight volleys at shoulder height. 80% max.
Forehand Corner Drives	90	50	See description above.
Forehand Deep Straight Volleys	90	50	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	90	50	See forehand description above.
Reaction & Adaptation Volleys	55	100	See description above.
Figure of Eights	50	60	See description above.
Backhand Block Volleys	75	75	See forehand description above.
Backhand Corner Drives	90	50	See forehand description above.
Backhand Straight Deep Volleys	90	50	See forehand description above.
Main Routine Ends			
Side-to-Side Volleys	60	125	This is a cool down drill (CDD), don't ignore it.
Totals:	17:30	945	

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