

FASTFOCUS: Routine 00 - Sample A Solo Routine for Club Players

A 32-minute routine based on hitting lengths and volleys.



DRILL	MINS	DESCRIPTION
Side-to-Side Drives	2	Use this as a technical and ball warm up.
Forehand Straight Drives	1	Aim to make the ball bounce in the service box & do not let it hit the back wall.
Backhand Straight Drives	1	Aim to make the ball bounce in the service box & do not let it hit the back wall.
Figure of Eight Volleys	2	Aim for the service line, and try to build a rhythm, hoping to not make any mistakes.
Forehand Straight Drives	1	Aim to make the ball bounce in the service box & do not let it hit the back wall.
Backhand Straight Drives	1	Aim to make the ball bounce in the service box & do not let it hit the back wall.
Figure of Eight Volleys	2	Try to pause the racket during its preparation.
Forehand Straight Drives	1	Aim to make the ball bounce in the service box & do not let it hit the back wall.
Backhand Straight Drives	1	Aim to make the ball bounce in the service box & do not let it hit the back wall.
Figure of Eight Volleys	2	Try not to move your feet.
Forehand Straight Volleys	1	Stand in front of the short line and hit controlled volleys. Aim for just above the service line.
Forehand Straight Centre Drives	2	Hit straight drives so they stay within the width of the door (assuming you have one in the middle. We will call these Straight Centre Drives.
Backhand Straight Volleys	1	Stand in front of the short line and hit controlled volleys. Aim for just above the service line.
Backhand Straight Centre Drives	2	Hit straight drives so they stay within the width of the door.
Forehand to Backhand Volleys	2	Standing near the front wall, hit a forehand volley to your backhand side, then a backhand volley to your forehand side.
Forehand Straight Drives.	2	Aim to make the ball come off the back wall. But I also want you to hit the ball quite hard. Aim for the service line on the front wall.
Forehand to Backhand Volleys	2	Standing near the front wall, hit a forehand volley to your backhand side, then a backhand volley to your forehand side.
Backhand Straight Drives.	2	Aim to make the ball come off the back wall. But I also want you to hit the ball quite hard. Aim for the service line on the front wall.
Forehand Straight Volleys	1	Stand in the service box and hit controlled volleys. Aim for above the service line.
Forehand Straight Drives	1	Hit one shot as tight to the wall as possible, then hit the next one so that it bounces off the back wall near the door, then aim to hit that shot into the forehand corner. It's going to be weird at first, but keep trying.
Backhand Straight Volleys	1	Stand in the service box and hit controlled volleys. Aim for above the service line.
Backhand Straight Drives	1	Hit one shot as tight to the wall as possible, then hit the next one so that it bounces off the back wall near the door, then aim to hit that shot into the backhand corner. It's going to be weird at first, but keep trying.
Side-to-Side Drives	1	Hit the ball softly, it's a technical cool down.