



Solo Routines Membership - December 2023

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

DRILL	MINS	FOCUS
Side-to-Side	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 hit the back line of the service box and do not let it hit the back wall.
Backhand Straight Drives	1	Aim to hit the back line of the service box and 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 hit the ball so that it comes off the back wall.
Backhand Straight Drives	1	Aim to hit the ball so that it comes off the back wall.
Figure of Eight Volleys	2	Try to not 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 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 <i>Straight Centre Drives</i>).
Backhand Straight Volleys	1	Stand in front of the short line and hit controlled volleys. Aim for just above the service line.
Backhand Straight Drives	2	Straight Centre Drives on the backhand.
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 b/h 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		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	1	Hit the ball softly, it's a technical cool down.

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