

Basic solo routines: there are many more you can add to this!

Using cones or an item on the floor to set targets, only count the shots that land in the target area.

Targets allow you to keep track and see progress throughout the season

- Forehand drives
- Forehand volleys (how many can you do in a row)
- Forehand drops
- Forehands moving up and down the court
Start at the front with a drop, then above the line, then into SB, behind SB and work your way back to the front
- Backhand drives into a target area
- Backhand volleys (how many can you do in a row)
- Backhand drops
- Backhands moving up and down the court
- Side to Sides (how many can you do in a row)
- Figure of 8s

Ghosting routines

Focus on quality of the movement rather than speed

You can of course mix this up to do many variations of corners!

1. Front corners (back pedal from the front corner back to the T)
2. Back corners
3. Left side
4. Right side
5. Front corners and back corners combined



