



Solo Practise - Example

Theme: Length base

Time: Approx 30 minutes

Focus: Cut the ball & Use the strings so it drags/fades towards the sidewall

How: Open the racket face and lead with the bottom edge

Time or number of shots	Activity
30	Forehand: Continuous straight shots landing in the service box
5 mins	Forehand: Straight drives from the back
30	Backhand: Continuous straight shots landing in the service box
5 mins	Backhand: Straight Drives from the back
10	Serves from the right box
10	Serves from the left box
2 mins 30 secs	Forehand: Straight drives at pace from the back
2 mins 30 secs	Forehand: Straight lobs from the back
2 mins 30 secs	Backhand: Straight drives at pace from the back
2 mins 30 secs	Backhand: Straight lobs from the back
50	Forehand: Volleys starting from the service box and moving backwards
50	Backhand: Volleys starting from the service box and moving backwards
50	Figure of 8: Off the bounce and on the volley

Next Solo Practice: Match pace with height on the drive

What I would like to begin: Feel the shot through the hand and fingers

What am I doing that worked: Bending knees & softening at the hips

Improvements made for my next practice: Linked strings to ball well