

# Nailing The Basics



## Solo Drills

1

Executing the simple shots effectively to limit your opponents options and set up opportunities to create and increase pressure.

1

### Simple Straight Drives

Aim: Avoiding the side wall with the straight drives.

Process 1: Movement in and out of the shot.

Process 2: Swinging straight through the shot.

2

### Straight Drive then Crosscourt Drive

Aim: Avoid your opponent on the 'T'.

Process 1: Adjusting the racket face in order to create the right angle.

Process 2: Position yourself behind the ball.

3

### Feed and Volley Straight Drive

Aim: Get the ball bouncing twice before the back wall in order to take time away from your opponent.

Process 1: Time your movement onto the ball in order to give yourself the appropriate space.

Process 2: Swing down and through the ball.

4

### Feed and Volley Straight Drop

Aim: Get the ball hitting the floor before the side wall.

Process 1: Attacking forward movement onto the ball.

Process 2: Strike straight through the ball with a compact swing.

5

### Feed and Straight Drive off of the bounce

Aim: Keep reviewing and adjusting the length of the shot in order to get the ball bouncing twice before the back wall.

Process 1: Movement and the follow through should bring aid your movement back to the 'T'.

6

### Top, Middle & Bottom Straight Drives

Aim: Adapting the size and speed of each swing to play a variety of straight drives.

Process 1: Keep moving to create the space needed to execute the appropriate swing.

7

### Feed and Straight Counter Drop off of the bounce

Aim: Trying to get onto the ball as quickly as possible.

Process 1: Strike straight through the ball with a compact swing.

Process 2: Recover back to the 'T' zone after every shot.

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THE VIDEO

