

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

