



WEEK 1

SESSION 1: VOLLEY DROPS SOLO

- [Sidewall to sidewall drives](#) to warm up - both sides together - 3mins
- [Volleys to self from behind short line](#) x20 on fh side
- [Volleys to self from behind short line](#) x20 on bh side
- [Volleys to self from in front short line](#) x20 on fh side
- [Volleys to self from in front short line](#) x20 on bh side
- [Sidewall to sidewall drives](#) to warm up - both sides together - 3mins
- [Feed up for volley drop](#) x20 of fh side
- [Feed up for volley drop](#) x20 of bh side
- [2 volleys to self then volley drop](#) x20 fh side
- [2 volleys to self then volley drop](#) x20 bh side
- [Sidewall to sidewall drives](#) to warm up - both sides together - 3mins
- [Feed up cross for volley drop](#) x50 changing sides each shot
- [Figure of 8 with volley drop](#) whenever you want - 3-5mins
- 10 min FREESTYLE solo with emphasis on VOLLEY DROPS - this is your time to choose and take ownership of this 10mins solo based on what you liked from the above



SESSION 2: VOLLEY OPTIONS SOLO

- [Sidewall to sidewall drives](#) to warm up - both sides together - 3mins
- [Volleys to self from behind short line](#) x20 on fh side
- [Volleys to self from behind short line](#) x20 on bh side
- [Volleys to self from in front short line](#) x20 on fh side
- [Volleys to self from in front short line](#) x20 on bh side
- [Feed up for 1. volley drop then 2. volley kill then 3. volley drive](#) x30 on fh side
- [Feed up for 1. volley drop then 2. volley kill then 3. volley drive](#) x30 on bh side
- [Feed up for your choice of the three](#) x30 on fh side
- [Feed up for your choice of the three](#) x30 on bh side
- [Feed up for your choice of ANY volley](#) (cross cut, boast, lob etc) x30 on fh side
- [Feed up for your choice of ANY volley](#) (cross cut, boast, lob etc) x30 on bh side
- [Feed straight OR cross for ANY volley](#) x30



SESSION 3: PAIRS

- [Player A straight drive, Player B volley straight and volley own volley deep](#) x10 on fh - Switch over
- [Player A straight drive, Player B volley straight and volley own volley deep](#) x10 on bh - Switch over
- [Player A straight drive, Player B volley straight and then volley drop](#) x10 on fh - Switch over
- [Player A straight drive, Player B volley straight and then volley drop](#) x10 on bh - Switch over
- [Player A straight drive, Player B volley straight and then volley deep OR volley drop](#) x10 on fh - Switch
- Player A straight drive, Player B volley straight and then volley deep OR volley drop x10 on bh - Switch
- [Player A straight drive, Player B volley deep, Player A cross drive/feed, Player B volley drop then deep, Player A drive and switch](#) x 2 mins (ish) - Switch over
- [Same but player in front has option of short or deep off the cross-court](#) x 2 mins - Switch over
- [Player A feeds one straight then one cross, Player B can hit any volley option](#) x30 - Switch over



BONUS: SOLO

- [Straight drives off the back wall](#) - 2 min
 - When working on your short game make sure to 'drop it like it's hot'. This means that you need to use a warm ball often when working on this part of your game. When you feel the ball is cold use this drill to WARM IT UP
 - WARM UP - do this exercise to warm the ball up when it's cold
- [Figure of 8 volleys](#) - 2 min
 - When working on your short game make sure to 'drop it like it's hot'. This means that you need to use a warm ball often when working on this part of your game. When you feel the ball is cold use this drill to WARM IT UP
 - WARM UP - do this exercise to warm the ball up when it's cold
- [Half volleys in front of service box](#) - 1-2mins on each side
 - A great drill to get the hands moving quickly but also to know exactly where the top of the tin is. Be sure to test yourself getting the ball lower and lower on the front wall and accept when you clip the tin
- [Cross-court feed for straight volley drop](#) - 5mins
 - Use this drill to work on some of the key teachings from Nick in his Leaving the Ball Short playlist. Use some variation with pace, cut and angles on this drill
- [Mid court feed for straight drop](#) - 2.5mins on each side of the court
 - Use this drill to work on some of the key teachings from Nick in his Leaving the Ball Short playlist. Use some variation with pace, cut and angles on this drill
- [Figure of 8 with short option](#) - 2.5mins
 - A fun drill to get the ball warm and to freestyle a little in regard to your short game. Be sure to enjoy yourself and express your shots into the front of the court
- [Straight kills from mid court](#) - 2.5mins on each side of the court
 - Use some variation with pace, cut and angles on this drill
- [Drop feed for counter drop](#) - 2.5mins on each side of the court
 - The ball gets cold quickly in this drill so be sure to warm it up every minute or so. Get comfortable near the front of the court with your touch and short game
- [Cross-court kills with no sidewall](#) - 5mins
 - Use some variation with pace, cut and angles on this drill



BONUS: FITNESS

Check out this tough endurance circuit session, using a 20min AMRAP format (As Many Rounds As Possible).

Complete a thorough warm-up/mobilisation routine before you begin.

- [Squat jump](#)
 - Maintain a steady tempo on the jumps keeping a balance between the depth of the squat, and the jump height/speed
 - Work through 10 jumps, then move immediately onto the next exercise. Pause for brief rest periods whenever necessary
- [Press-Ups](#)
 - Keep the action smooth and controlled, working to a full range of motion at the bottom of the movement
 - Work through 10 reps, then move immediately onto the next exercise. Pause for brief rest periods whenever necessary
- [Reverse lunge](#)
 - Aim to work through a smooth and steady tempo on each rep, lowering backwards under control with each step.
 - Work through 10 lunges (5 on each leg), then move immediately onto the next exercise. Pause for brief rest periods whenever necessary
- [General ghosting](#)
 - Set out a marker 2 racket lengths away from the corner, to keep movements consistent. If working with multiple partners, pick a corner each to stay within for the entire circuit.
 - Work through 10 reps from the T in/out of one corner of the court. Move immediately back into Jump Squats upon completion. Continue looping through, and count how many full rounds of the 4 exercises you can achieve in the 20min time limit