

PRACTICE ROUTINES

RECOVERING TO THE T

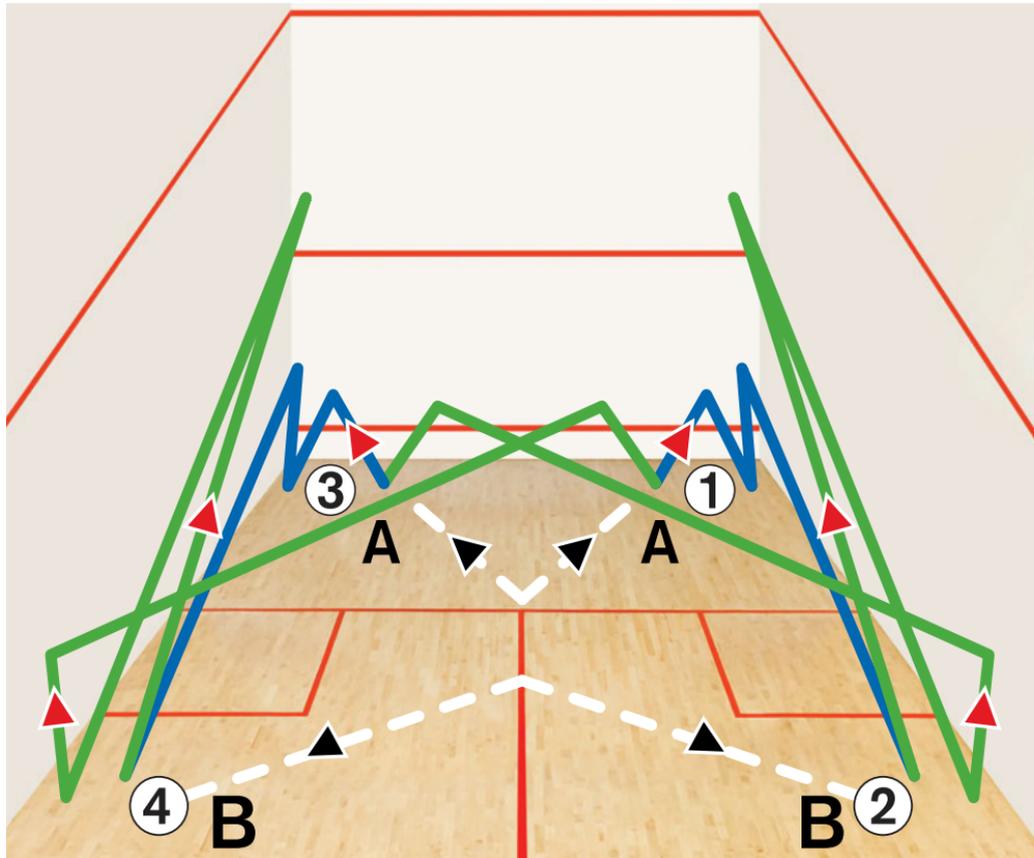
Drop & drive; drive & boast

Many players will use the standard boast and drive routine, where Player A straight-drives from the front and Player B boasts from the back. This is excellent in many ways. However, the player at the back does tend to end up running across the court.

The answer is simple - both players should play two or more shots. Player A drops and drives from the front of the court (or drops, feeds and drives), and Player B straight-drives and boasts.

Immediately after the boast Player B will swivel out of the shot in his follow-through and walk/jog to a split-step position behind the T. Then he should take a step and point his toes towards the opposite back corner (see Issue SP164's practice instructions).

This practice gives you time to work out a fast and efficient movement. Run through the movement without the ball, minimising the number of steps, and get into the groove - just as you are trying to do with your shots.



- ① Player A drops and drives, and backpedals to the short line
- ② Player B drives and boasts, and recovers to the T

- ③ Player A drops and drives, and backpedals to the short line
- ④ Player B drives and boasts, and recovers to the T ... etc