

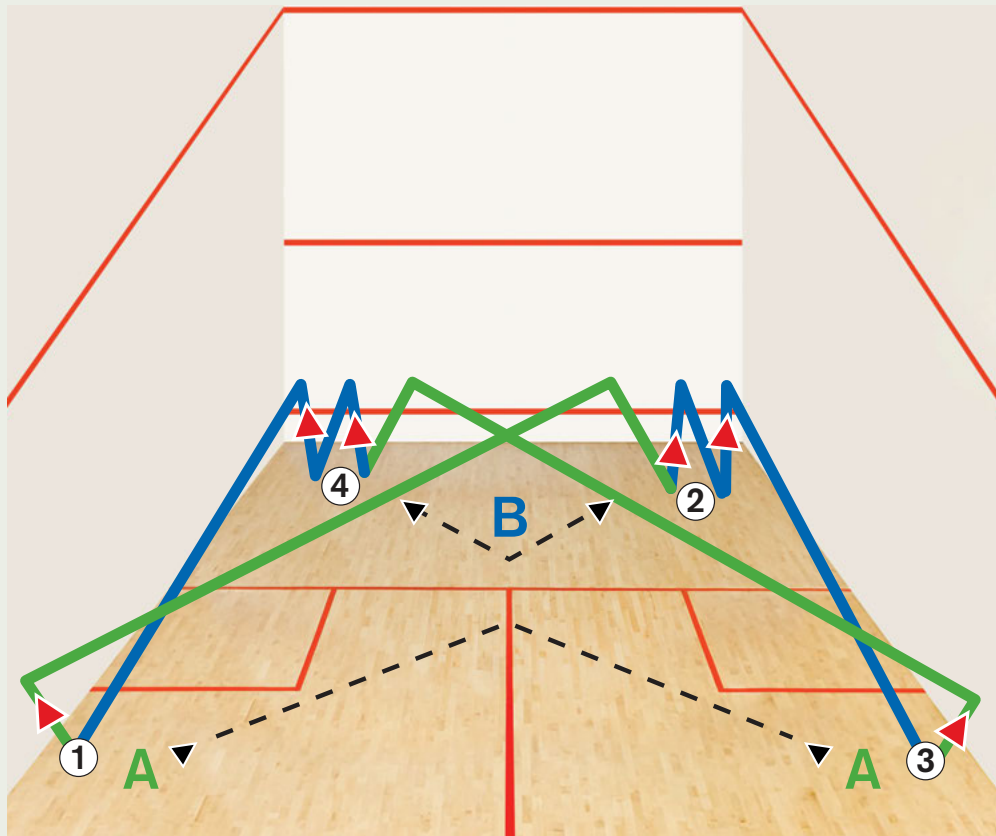
## PRACTICE ROUTINES

# DROP & DRIVE; BOAST

Tactically, a drop-shot off a boast is one of the standard combinations a player should look out for in a game and it is easy to practise. You can also see how important this combination is in Paul Coll's practice and how he goes about it. One thing he will do is feed himself a boast and then execute a drop-shot or practise a whole succession of drops.

Adapting the boast & drive routine (A boasts from the back of the court and B straight-drives from the front of the court) by introducing a drop-shot and then a drive at the front is relatively easy. It may be necessary to feed a shot to yourself after your drop-shot to facilitate an easier drive, though. You can also try: continuous drop-shots like Coll; holding the backswing position to develop disguise; varying drives, and drives and drop-shots; occasionally throw in a trickle boast, crosscourt drop or cross-court drive to develop your options from this position.

The player at the back of the court can practise exiting the shot with the



follow-through and recovering to the T promptly.

The exercise can be made into a little game with scoring and perhaps allowing the player at the back of the court to straight-drop as well.

- ① Player A boasts
- ② Player B straight-drops and drives
- ③ Player A boasts
- ④ Player B straight-drops and drives