



Routines 1 45 minutes

Boast Rail 3 minutes then swap

Front player working on a slight curve to the ball from the T, turning shoulders, hitting 1 bounce then nick, moving back to T. Back player playing a mix of nick and 2 wall boasts, facing the back corner when hitting, and not turning out of the shot, then getting to the T

Boast Rail Rail 3 minutes then swap sides

As above, but more like a rally trying to control the T. No volley boasts, only volley rails if the ball is very loose.

Boast X-Court Rail 3 minutes then swap sides

2 wall boast, attacking xcourt if possible, if the boast is good, then a defensive or lob xcourt. If the xcourt is loose, then the rail can be a volley. The rail should not be a winner, but a full length working shot to move your opponent.

Continuous Rails 5 minutes then change sides

Hitting a rallying length, 1 bounce then glass, take turns hitting deep rails, deep enough that it gives you time to get up to 2 feet from behind the T. Only volleying very loose balls. If someone makes a mistake, pick up the ball and start again straight away

Boast X-Court Rail Rail 2 minutes then swap then change sides

Nick boast, then xcourt, the boaster can volley the next rail if it is loose, otherwise just hit a deep rail, then the xcourter rails deep again. Both players should try and get to the T as much as possible, even though they know what shot is coming next.

Boast Drop Rail 3 minutes then swap sides

This is the most physical and hardest drill, play the 2 wall working boast, then a working safe drop shot, not an absolute winner, then hit a defensive rail all the way to length, 1 bounce then glass.