



05 Shot Combination Drills

- ☐ Clear-clear-drop-drop sequence (half-court)
- ☐ Clear-clear-drop sequence (half-court)
- ☐ Clear-smash-block sequence (half-court)
- ☐ Straight OH drop and C-C OH drop - forehand, backhand
- ☐ Straight OH drop and straight re-drop (up and back)
- ☐ Player covers any 2 corners, hits to one spot
- ☐ Player covers any 3 corners, hits to one spot
- ☐ Diagonal dig - forehand, backhand angles
- ☐ 20-shot drill (5 shots to each corner in sequence)

06 Multi-Shuttle Hand-Feed Drills

- ☐ 50s - forehand/backhand net toss with box target
- ☐ V-net drop toss with box targets (or 2x to each spot)
- ☐ V-net underhand clear toss
- ☐ V-net alt. drop, underhand clear toss (also voice)
- ☐ V-net C-C drop toss
- ☐ V-net put-away toss
- ☐ Bird on net put-away placement (2 trainers)
- ☐ Back court swing, then net re-drop toss
- ☐ Side-to-side rapid toss
- ☐ Trainer on bench and rapid tosses side-side or random

07 Multi-Shuttle Racket-Feed Drills

- ☐ Smash at upright tube by side line
- ☐ Smash at tube while being moved side-to-side
- ☐ Smash, then net re-drop or put-away
- ☐ Trainer alternates any 2 corners, player to a target
- ☐ Trainer alternates any 3 corners, player to a target
- ☐ Trainer hits to any location, player to a target
- ☐ Trainer stands on bench and hits down at defender
- ☐ Rapid fire drives at net player (doubles drill)

08 2-, 3-, or 4-on-1 Singles Drills

- ☐ Long rally count (4 corner)
- ☐ Attack by 2-3-4 team with player defending
- ☐ Attack by player with 2-3 team defending
- ☐ Play to win

09 Modified Games for Singles

- ☐ 1-on-1 net game - rally count
- ☐ 1-on-1 net game - play to win
- ☐ Net rotation game (2-5 players/side) - rally count
- ☐ Net rotation game (2-5 players/side) - play to win
- ☐ Overhead drops vs. underhand clears game
- ☐ Half-court singles (may restrict from smashing)
- ☐ 2-on-2 half-court cut-throat singles
- ☐ Around-the-world singles (also with a coach)
- ☐ Singles play with limitations (no smashing, up-back, etc.)
- ☐ Fronton singles (winner of each rally stays on)
- ☐ Handicap singles - scoring, different rackets, etc.

10 Doubles Drills

- ☐ Doubles serves - short (can also use tubes and string)
- ☐ Doubles serves - flick (alternate with short)
- ☐ Race-to-the-tape drill (bird on net)
- ☐ Doubles serves with a serve returner
- ☐ 1-on-1 half-court doubles
- ☐ 2-on-1 doubles 1/2 court - clear-smash-block-drop
- ☐ 2-on-1 doubles 1/2 court to win
- ☐ 3-on-2 doubles full court - 2 defenders vs. 3 attackers
- ☐ 2-on-2 doubles rotation - one: C-S-B&F, re-drop-C
- ☐ 2-on-2 doubles rotation - both: C-S-B&F-C
- ☐ Fronton doubles - winning team of each rally stays
- ☐ Error-out doubles - error player of each rally replaced
- ☐ Doubles play with no clears or other instruction
- ☐ Handicap doubles - scoring, rackets, socks, touchback

Practice notes / what worked / what to repeat next time
