Fundamental Drills

01 Warm Up Drills

- [ ] Warm-up jog around the gym
- [ ] Jumping jacks
- [ ] Stretching - especially leg and back stretches
- [ ] Push-ups, sit-ups, and core exercises
- [ ] Soft lunges - 4-point, alternating leg
- [ ] Line jumps - side-side, fore-backward, scissors
- [ ] Perimeters - plant outward at each corner, turn and go
- [ ] Jump smash to center racket touch

Across-the-gym footwork agility exercises

- [ ] Side-side run
- [ ] Side-side-jump
- [ ] Side-side-rotate going forward
- [ ] Side-side-rotate going backward
- [ ] Side-side-feet crossover and hip rotation (karaoke)
- [ ] Monster lunges
- [ ] High knee skipping
- [ ] High knee backward skipping with rotation
- [ ] Sprints
- [ ] Line pick-ups

02 Shadow Drills

- [ ] Up-back flow
- [ ] Side-side flow
- [ ] Basic 1-corner - each of the 6 locations
- [ ] Basic 2-corner - V-net, side-side, V-back
- [ ] Basic 2-corner - up-back straight or diagonal
- [ ] Basic 4-corner - up-back diagonal pattern, random
- [ ] Basic 6-point - random to each location
- [ ] Attack 1-corner - each of the 6 locations
- [ ] Attack 2-corner - V-net, side-side, V-back
- [ ] Attack 4-corner - V-back and side-side for doubles
- [ ] Attack 6-corner for singles or doubles
- [ ] Attack and defense 6-corner for singles or doubles
- [ ] Shadow drills using a weighted racket or weight vest
- [ ] Shadow drills - false direction method
- [ ] Shadow drills - plant and jump up in center method
- [ ] Shadow drills - bird pick-up method

03 Warm-Up Stroke & Racket Drills

- [ ] Bird throw and catch (throwing motion)
- [ ] Bird on racket catch and toss (racket-eye practice)
- [ ] Racket swings - OH, BH, drives (alt. with weighted racket)
- [ ] Fishing pole swings (also basketball net swings)
- [ ] Hit vs. the wall
- [ ] No-net drives
- [ ] Clears, smashes, drives using a weighted racket

04 Basic Shot Drills (Training Partner)

- [ ] Drives - neutral
- [ ] Drives - net vs. defender
- [ ] Singles serves - high (target, over receiver)
- [ ] Singles serves - short
- [ ] Straight clears
- [ ] 1st shot target practice (singles serve/straight clear)
- [ ] Straight overhead drops-underhand clears
- [ ] Straight smashes-underhand clears
- [ ] Straight net drops-re-drops (net doodling)
- [ ] Cross-court drives - forehand, backhand
- [ ] 2-on-2 drives - neutral or net vs. defenders
- [ ] C-C clears - forehand, backhand
- [ ] C-C OH drops/UH clears - forehand, backhand
- [ ] C-C net re-drops - forehand, backhand
- [ ] Full court OH drops-UH clears (2 sets on court)
- [ ] Voice command shot options - eg. clear or drop

Practice notes / what worked / what to repeat next time