



## 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

## 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

## 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

## 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

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