Top 10 Drills & Skills

PRACTICE SHEET

PRINT + CHECK OFF

Choose drills for today, check them off as completed, and add notes after practice.

01 Good Badminton Warm-Up Exercises

- [ ] Laps: jogging, side-side, skipping, high knees
- [ ] 4-pt, 6-pt, or 8-pt soft lunges
- [ ] Line jumps: side-side, fwd-bwd, scissor, straddle
- [ ] Perimeters: 4-corner plant-and-run around court
- [ ] Up-back and side-side flow
- [ ] Jump smash and touch down
- [ ] Hit vs. wall
- [ ] Racket swings: OH FH/BH, Figure 8 drives
- [ ] Sit-ups, push-ups, planks and core exercises

02 Badminton Footwork Drills & Skills

- [ ] Up-back and side-side flow
- [ ] Shadow drills with partner or coach call
- [ ] 6-pt footwork: attack, defense, any corner pattern

03 Contact Drills & Skills

- [ ] Grip review
- [ ] Toss and catch, Popcorn
- [ ] Hit vs. wall
- [ ] No-net drives

04 Serve & Serve Return Drills & Skills

- [ ] Singles high and short serve
- [ ] Doubles backhand short and flick serves
- [ ] Return footwork and shots for singles/doubles

05 Basic Shot Drills & Skills

- [ ] Whole body coordination
- [ ] Throwing overhead motion
- [ ] Racket extension, reach, body position forward
- [ ] Underhand lunge position and swing
- [ ] Net-lunge-pickup-turn-slide drill
- [ ] Drives: neutral, attack/defense, soft
- [ ] Clears, OH drops, UH clears
- [ ] Net game
- [ ] Smash and smash defense

06 Shot Combination Drills & Skills

- [ ] 2-player or 3-player
- [ ] Clear-drop
- [ ] C-C-D-D, C-Smash-Block, C-S-B-Redrop

07 Multi-Feed Drills & Skills

- [ ] Hand-feed net shots with targets
- [ ] 50s
- [ ] Up-back feed
- [ ] Net shots
- [ ] Side-side
- [ ] Racket-feed overhead shots
- [ ] Smashes
- [ ] Smash-net
- [ ] Full-court coverage

08 Adapted Game Option Drills & Skills

- [ ] 1/2 court singles
- [ ] Cut-throat singles
- [ ] 2-on-1 or 3-on-1 singles
- [ ] 1/2 court doubles
- [ ] Restrict shot selection while playing

09 Doubles Play Drills & Skills

- [ ] Serve and serve returns
- [ ] 2-on-1 doubles drill
- [ ] 2-on-2 doubles drill
- [ ] 1/2 court doubles
- [ ] Multi-feed drills for doubles

10 Strategy Chalk Talk

- [ ] 13-point list: over net, good first shot, straight, ready
- [ ] Doubles serve/returns: down and straight
- [ ] Set up partner at net, be patient, use teamwork
- [ ] Progressive practices for skills and consistency
- [ ] Whole-body coordination, work hard, have fun

Practice notes / what to repeat next time