



Top 10 Drills & Skills

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
