

### **Racket and Bird Control Drill 3. Shuttle Scoop**

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Use the handshake grip with your palm up. Pick or scoop up a bird lying on the floor, attempting to keep the bird on the racket face. Place your racket face next to the bird with the racket face held nearly parallel to the floor (figure 1.11). Slide the racket quickly under the bird with a scooping action, allowing the wrist to roll under and catching the bird on the racket face. Right-handed players usually do this from the right side of the bird. Complete five repetitions.



Figure 1.11 Shuttle scoop.

#### **To Increase Difficulty**

- Scoop up the shuttle and toss it into the air, catching it with your opposite hand.
- Scoop up the shuttle while holding the racket palm down or with a backhand grip.
- Scoop up the shuttle from both the right side and the left side.

#### **To Decrease Difficulty**

- Place the shuttle on the floor pointing directly upward, feathers down. A bird that is sitting up will more easily fall onto the racket face.

#### **Success Check**

- Bird remains on racket face.

#### **Score Your Success**

Successfully scoop up bird five times = 5 points

Successfully scoop up bird three or four times = 3 points

Successfully scoop up bird one or two times = 1 point

Your score \_\_\_\_

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### **Racket and Bird Control Drill 4. Shuttle Toss and Catch**

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Hold your racket in a handshake grip with the palm up. Place the shuttle on the racket face. Lift the racket quickly and toss the shuttle 2 to 3 feet (0.6 to 1 m) in the air. As the shuttle drops, catch the shuttle on the open face of the racket with the racket hand palm up. By lowering the racket face under the dropping shuttle and subtly giving with the catch, you allow the shuttle to slow down gradually and not bounce off the face of the racket. Complete five tosses and catches.

#### **Success Check**

- Check your grip to make sure that you are using the proper handshake grip.
- Bird remains on the racket face.

#### **Score Your Success**

Five successful tosses and catches = 5 points

Three or four successful tosses and catches = 3 points

One or two successful tosses and catches = 1 point

Your score \_\_\_\_

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## Drop Shot Drill 1. *Underhand Drop Shot at Net*

Player A throws the shuttle with an overhand toss just over the net toward player B, who steps toward the net with his or her dominant foot and hits a forehand underhand hairpin drop shot. These forehand underhand drop shot returns should land between the short service line and the net (figure 5.5). Player G returns shuttles to player A. Players rotate after three attempts. Player A takes the place of player G, player B replaces player A, player G moves behind player F, and so on until all players have been at each position. Repeat with backhand underhand hairpin drop shots.

### Success Check

- Lead with your dominant hand and arm.
- Lift from your shoulder.
- Bump shuttle over the net.

### Score Your Success

Hit three good forehand underhand drop shots  
= 5 points

Hit two good forehand underhand drop shots  
= 3 points

Hit one good forehand underhand drop shot  
= 1 point

Your score \_\_\_\_

Hit three good backhand underhand drop shots  
= 5 points

Hit two good backhand underhand drop shots  
= 3 points

Hit one good backhand underhand drop shot  
= 1 point

Your score \_\_\_\_

Your total score \_\_\_\_

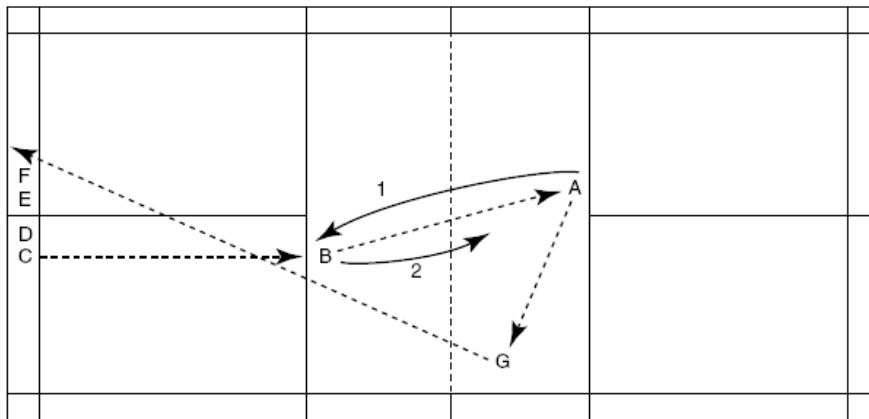


Figure 5.5 Underhand drop shot at net drill.

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## **Drop Shot Drill 4. Hairpin Drop Shot at Net**

In this drill, one partner begins the rally by hitting an underhand drop shot to his or her partner (figure 5.8). The drop shot should be aimed inside of the short service line. The rally continues until one partner misses the return. Players must hit only drop shots. This little game can be simply a rally drill or you may keep score. When one partner misses, the other partner gets a point. You may play games to 11 or 15 points. It does not matter which partner begins the rally. Either partner may score.

### **Success Check**

- Allow racket head to lead.
- Contact shuttle in front of the body.
- Allow racket to block shuttle just over net.

### **Score Your Success**

If you play this drill as simply a rally drill:

Rally for at least 5 minutes without a miss = 10 points

Rally for 3 to 4 minutes without a miss = 5 points

Rally for 1 to 2 minutes without a miss = 1 point

Your score \_\_\_\_

If you score the drill:

Win the game = 10 points

Lose the game = 5 points

Your score \_\_\_\_



**Figure 5.8** Hairpin drop shot at the net drill.

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## **Drop Shot Drill 8. Clear-Drop-Drop-Clear Continuous Rally**

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One partner sets up the other by hitting a high, deep, friendly underhand clear. The receiving partner returns the serve with a forehand or backhand overhead drop shot return just over the net. The server then returns this drop shot with a hairpin drop shot. The receiving partner moves into the net and returns the hairpin drop shot with an underhand clear. The rally continues indefinitely in this clear-drop-drop-clear pattern. The partner who sets up needs to begin with one or two shuttles. This is a continuous drill in which the rally should continue as long as possible. Good returns need to land near or inside the short service line.

### **To Increase Difficulty**

- Recover to ready position at centercourt after each attempt.
- Hit faster drop shots or alternate hitting crosscourt drop shots with straight-ahead drops.
- Require the hitter to wait in the centercourt position. Have your partner deliver a mixture of faster crosscourt drop shots that require you to move farther or more quickly to make an effective return.

### **To Decrease Difficulty**

- Turn your body already sideways to the net in your hitting stance.
- Begin with your racket arm already held up and your racket angled slightly downward.
- Begin with your weight already shifted to your nondominant foot.

### **Success Check**

- Use the correct grip and ready position.
- Allow your racket to block the shuttle close to the net.
- Attempt to make the rally last.

### **Score Your Success**

Complete 30 clear-drop-drop-clears in one continuous rally = 10 points

Complete 20 to 29 clear-drop-drop-clears in one continuous rally = 5 points

Complete 10 to 19 clear-drop-drop-clears in one continuous rally = 1 point

Your score \_\_\_\_

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## Drive Drill 7. *Continuous Drive Rally*

This is a rally so the partner starting needs to begin with only one or two shuttles. One partner sets up the other by pushing or driving a flat, friendly, midcourt drive. The receiving partner returns the drive with a forehand or backhand drive to his or her partner (figure 7.4). This is a continuous drill in which both partners should attempt to execute as many drive returns as possible, keeping the rally going indefinitely. Returns should be flat and near enough to the partner to allow the rally to continue. Good returns should be sent directly back at the partner near midcourt.

### To Increase Difficulty

- Recover to ready position after each attempt.
- Alternate hitting forehand and backhand overhead drives.
- Shuffle sideways and touch the singles sideline between drives and then return to ready position.
- Hit drives with a faster, flatter trajectory. Hit this quick, flat drive slightly sooner and more in front of you. This flat-flat-flat exchange may be so fast that you do not have time to step, but only to turn your hips and maneuver the racket quickly from forehand to backhand depending on your partner's pace and direction.

### To Decrease Difficulty

- Have your body already turned in sideways hitting stance for either forehand or backhand drives from midcourt.
- Begin with your racket arm already held in backswing position before attempting the forehand or backhand drive.
- Begin with your weight already shifted to your dominant leg and foot and with your racket arm already in backswing position.

### Success Check

- Lead with your elbow.
- Swing fast and execute quick flat-flat exchanges.
- Direct return toward partner's body.

### Score Your Success

Rally for at least 5 minutes without a miss = 10 points

Rally for 3 to 4 minutes without a miss = 5 points

Rally for 1 to 2 minutes without a miss = 1 point

Your score \_\_\_\_



**Figure 7.4** Continuous drive rally drill.