



100+ Badminton Drills & Exercises

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AZBadmintonCenter.com

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WARM UP DRILLS:

- ___ Warm-up Jog around the gym
- ___ Jumping Jacks
- ___ Stretching – especially various leg & back stretches
- ___ Push-Ups
- ___ Sit-Ups
- ___ “Soft” Lunges- 4-point, alternating leg
- ___ Line Jumps – Side-Side, Fore-Backward, Scissors
- ___ **Across-the-Gym (footwork agility exercises)...**
- ___ Side-Side Run
- ___ Side-Side-Jump...
- ___ Side-Side-Rotate, across the front
- ___ Side-Side-Rotate, across the back
- ___ Side-Side-Feet Crossover & Hip Rotation (karaoke)
- ___ Monster Lunges
- ___ High Knee Skipping
- ___ High Knee Backward Skipping, with rotation
- ___ Sprints
- ___ Line Pick-Ups

SHADOW DRILLS:

- ___ Perimeters- at each corner plant outward, turn & go
- ___ 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 – Side-Side for Doubles
- ___ Smash-to center racket touch or Smash-Net
- ___ Shadow Drills – using a weighted racket
- ___ Shadow Drills – false direction method
- ___ Shadow Drills – over-run method
- ___ Shadow Drills – plant & jump up in center method
- ___ Shadow Drills – bird pick up method

WARM-UP RACKET DRILLS:

- ___ Bird Throw & Catch (throwing motion)
- ___ Bird on Racket Catch & Toss (racket-eye practice)
- ___ Racket Swings- OH, BH, Drives
- ___ Racket Swings – Alternate with a weighted racket
- ___ Fishing Pole Swings (also Basketball Net swings)
- ___ Hitting vs. the Wall
- ___ No-Net Drives
- ___ Clears, Smashes, Drives using a weighted racket

BASIC SHOT DRILLS (with Training Partner):

- ___ Drives – Neutral
- ___ Drives – Net vs. Defender
- ___ Singles Serves- High (with a target, over receiver)
- ___ Singles Serves- Short
- ___ Straight Clears
- ___ Straight Overhead Drops-Underhand Clears
- ___ Straight Smashes-Underhand Clears
- ___ Straight Net Drops-Re-Drops (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

SHOT COMBINATION DRILLS (with 2 or 3 players)

- ___ Clear-Clear-Drop-Drop... sequence (half-court)
- ___ Clear-Clear-Drop... sequence (half-court)
- ___ Clear-Smash-Block... sequence (half-court)
- ___ Straight OH Drop & C-C OH Drop- ForeH, BackH
- ___ Straight OH Drop & Straight Re-Drop (Up & Back)
- ___ Player has to cover any 2 Corners, hit to one spot
- ___ Player has to cover any 3 Corners, hit to one spot
- ___ Diagonal Dig- Forehand, Backhand angles
- ___ 20-SHOT Drill (5 shots to each corner in sequence)

MULTI-SHUTTLE HAND-FEED DRILLS:

- ___ “50s”- Forehand, Backhand Net toss with box target
- ___ V-Net Drop toss with box targets
- ___ V-Net Underhand Clear toss
- ___ V-Net alt Drop, Underhand Clear toss (also voice)
- ___ V-Net C-C Drop toss
- ___ V-Net Put-away toss
- ___ Bird on Net Put-away placement (2 trainers)
- ___ Back Court swing, then Net Re-Drop toss
- ___ Side-to-Side rapid toss
- ___ Trainer on bench and rapid tosses S-S or random

MULTI-SHUTTLE RACKET-FEED DRILLS:

- ___ Smash at upright tube by side line
- ___ Smash at tube while being moved side-to-side
- ___ Smash, then Net Re-Drop or Put-away
- ___ Trainer alternates any 2 corners, Player to a target
- ___ Trainer alternates any 3 corners, Player to a target
- ___ Trainer hits to any location, Player to a target
- ___ Trainer stands on bench and hits down at defender
- ___ Rapid Fire Drives at Net Player (doubles drill)

2-3-OR 4-ON-1 SINGLES DRILLS:

- ___ Long Rally Count (4 corner)
- ___ Attack by 2-3-4 team with Player defending
- ___ Attack by Player with 2-3 team defending
- ___ Play to win

MODIFIED GAMES FOR SINGLES:

- ___ 1-on-1 Net Game – Rally Count
- ___ 1-on-1 Net Game – Play to Win
- ___ Net Rotation Game (2-5 players/side) – Rally Count
- ___ Net Rotation Game (2-5 players/side) – Play to Win
- ___ Overhead Drops vs. Underhand Clears Game
- ___ Half-Court Singles (may restrict from smashing)
- ___ 2-on-2 Half-Court Cut-Throat Singles
- ___ Around-the-World Singles (also with a coach)
- ___ Singles play with limitations (no smashing, U-B...)
- ___ “Fronton” Singles (winner of each rally stays on)
- ___ Handicap Singles- scoring, different rackets...

DOUBLES DRILLS:

- ___ Doubles Serves- Short (can also use tubes & string)
- ___ Doubles Serves- Flick (and alternate with Short)
- ___ Doubles Serves with a Serve Returner
- ___ 1-on-1 Half-Court Doubles
- ___ 2-on-1 Doubles Half-Court- rally or to win
- ___ 2-on-1 Doubles Full Court- 2 Def vs. 1 Smasher
- ___ 3-on-2 Doubles Full Court- 2 Def vs. 3 Attackers
- ___ 2-on-2 Doubles Rotation (one, C-S-B&F, Re-Drop-C)
- ___ 2-on-2 Doubles Rotation (both, C-S-B&F-C...)
- ___ 2 trainers vs. 2 attackers- Smash everything (timed)
- ___ Fronton Doubles- winning team of each rally stays
- ___ Error-Out Doubles- error player of each rally replaced
- ___ Doubles play with no clears or other instruction
- ___ Handicap Doubles- scoring, rackets, socks, touchbck