1. **Full body warm up**

* Arms, upper body, legs:

<https://www.youtube.com/watch?v=xUVqvCKqKqo>

* Lower back:

<https://www.youtube.com/watch?v=ELkiT5R--RM>

1. **Training session**
2. Dinking at the kitchen

For beginners

* Dink the ball straight, down the line:

<https://www.youtube.com/watch?v=iv80N9YgZLU>

* Dink the ball cross court with forehand/backhand:

<https://www.youtube.com/watch?v=DohFSugwU4Y&list=PLf5SOZbiy_ZjbXqyI-FaBn0mn4zS_fblZ>

<https://www.youtube.com/watch?v=dk5XfvhWoSs&list=PLf5SOZbiy_ZjbXqyI-FaBn0mn4zS_fblZ&index=3>

* Play a kitchen game:

<https://www.youtube.com/watch?v=vakiJCINV6w>

For intermediate

* Dink the ball straight with 2 touches bouncing once, then without bouncing:

<https://www.youtube.com/watch?v=h5i-V9AF0bc>

* Dink the ball cross court with 2 touches using forehand/backhand with bouncing once, then without bouncing.
* Dink the ball while moving side to side:

<https://www.youtube.com/watch?v=Zhm0ooGrL_s&list=PLf5SOZbiy_ZjbXqyI-FaBn0mn4zS_fblZ&index=6>

* Play a hybrid kitchen game (7:40):

<https://www.youtube.com/watch?v=tBTXiPcxFEY>

1. Third shot

For intermediate

* Drop the ball straight into the kitchen moving step by step backward and then forward, while your partner remains at the kitchen passing slow then fast balls for you. Reaching back to the kitchen change the roles.

<https://www.youtube.com/watch?v=4RBcnb9QaWQ&list=PLf5SOZbiy_ZhwV_ULuYENFZcNLZBHqjsM&index=3>

* Play a game as above (2 &1 drill).
* Keep dropping the ball from the baseline while your partner is at the kitchen.
* Play another game up to 10-20-60 points as below (0-60 drill).

<https://www.youtube.com/watch?v=_TjPS2QPmbQ&list=PLf5SOZbiy_ZhwV_ULuYENFZcNLZBHqjsM&index=2>

* Drop the ball cross court with forehand/backhand while your partner is at the kitchen returning it back to you.
* Drop the ball while you move step by step like in the first drill.

1. Forehand/backhand drive, volley

Try to use both forehand and backhand equally in these drills

For beginners

* Both of you standing at the kitchen, volley the ball back and forth with your partner (video 0:50).
* Volley with bouncing the ball once on your paddle then return (video 1:25).
* Hit the ball from your baseline to your partner being at the kitchen straight then cross court (video 2:05).

<https://www.youtube.com/watch?v=V_mcQDsRzUo>

* Hit the ball first straight to your partner while both of you are at the baseline with forehand/backhand then cross court.
* Play a skinny singles (half court) with your partner down the line (straight), watch the first 1 or 2 minutes of the video how to play skinny:

<https://www.youtube.com/watch?v=-0x87KSkUTc>

For intermediate

* Play a skinny cross court from both sides.
* Play a skinny with rotation , the server is on the even side (right) starting the game down the line (straight). After the rally, the so far server moves to the odd side (left), no matter who serves now. After the rally, the receiver follows him/her, so the form from the beginning goes like this from the server’s point of view: even side straight, odd side cross court, odd side straight, even side cross court, even side straight, etc.
* Other skinny tips:

<https://www.youtube.com/watch?v=NFMLlzQt2TY>

1. Serve, return and third shot drop/drive

Try to hit the new drop serve as well as the old regular one with spins, slices, etc. according to the serving rules.

For beginners

* Simple regular serves:

<https://www.youtube.com/watch?v=EnxI1XTKC9k>

* You can try the same moves hitting drop serves.

For intermediate

* Try these harder serves with regular rules:

<https://www.youtube.com/watch?v=qeND8K9qrL0> (from 1:00min)

<https://www.youtube.com/watch?v=TgihSyh9_Kw>

<https://www.youtube.com/watch?v=-uTYNnZWPpU>

* Advanced drop serves:

<https://www.youtube.com/watch?v=dPYTI6Iy08k>

Practise the first 3 shots in one drill:

* Both of you at the baseline cross court on the even side, try to serve to your partner’s backhand and your partner should use groundstroke, topspin and slice to return it, try the same with forehand. Switch to odd side, do the same drill. Both of you should aim close to the baseline, between 50-100cm, not too close.
* You can continue the rally hitting the 3rd shot drop or drive depending on how deep was the return.

1. Lob, defending lob & overhead smash

For intermediate

* Lob and return it first straight down the line:

<https://www.youtube.com/watch?v=LdqeQcNdICc>

4 players drill, lob straight then cross court, make your opponents chase the ball while they switch sides.

If you can reach the ball, hit an overhead smash. For better result, try to move like in this video:

<https://www.youtube.com/watch?v=QtshclG-DJU&t=204s>

One person wall drills:

<https://www.youtube.com/watch?v=nfTcDYLPi1o>

1. **Stretching**

<https://www.youtube.com/watch?v=pwmAklnBG9g>