

<b>1st day</b>	<b>exercise</b>	<b>around</b>	<b>set</b>	<b>repetitions</b>	<b>Why it is recommended-</b>	<b>What happens if you do</b>
<b>1</b>	L cone drill	3	2	12	managing the split stands and small steps motion	footwork gets better
<b>2</b>	L locomotion drills	2	2	15	explosive leg for the power for place management	increasing on leg power
<b>3</b>	B cone drills	3	2	12	lateral stepping for forehand	switch line
<b>4</b>	lateral bound landing	4	2	10	power for serve and smash	increasing power on hip thrust