

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

2nd day	exercise	around	set	repetitions	Why it is recommended-	What happens if you do
1	L locomotion drills=15/3	3	3	15	explosive leg for the power for place management	increasing on leg power
2	framer walk=3/3	2	3	3	strengthening walks	for strength step and lift
3	squat jump to box jump=12/3	3	3	12	explosive leg for the power	landing and stepping for the stands and switch
4	ladder zing zang 3/3	3	3	10	fast switch for fast toe	coordination for the fast toe
5	tennis ball placement=5	3	4	8	direction for target position	focusing on reflex

3rd day	exercise	around	set	repetitions	Why it is recommended-	What happens if you do
1	banded jumps drills=12/2	4	3	15	explosive leg	increasing on leg power
2	huddle runs drills=2/2	3	3	3	leg coordination	for strong step and lift
3	lateral jump to lunge=6/3	4	3	12	explosive leg for the power switch and land	landing and stepping for the stands and switch
4	L locomotion drills=15/1	4	3	10	explosive leg for the power for place management	increasing on leg power
5	ladder zing zang=3/2	4	4	8	fast switch for fast toe	coordination for the fast toe