

**DOUBLE TECHNIQUE
TRAINING & PAIRING
TRAINING**

DOUBLE BASIC TECHNIQUE FOR INDIVIDUAL

■ COURT COVERAGE

- I. Rear & mid court
- II. Front court
- III. Half court

■ STROKE

- I. Fast net
- II. Drive from mid court
- III. Block from mid court
- IV. Front court intercepts
- V. Defense drives
- VI. Smash
- VII. Defense lift
- VIII. Front court lift
- IX. Service & receive

COMMON TRAINING METHOD USED (INDIVIDUAL)

- Feeder & worker (1vs1, 2vs1, 3vs1 or 4vs1)
- Using shuttle drills
- Racket movement swings with high repetition & fast
- Play against the wall (defense)
- Footwork

DOUBLE PAIRING COMBINATION

Type of training:

- Basic rotation
- Basic rotation in attacking form
- Basic rotation in defense form

Training method:

- Using feeders (1vs2, 2vs2,2vs3or 2vs4)
- Shuttle drill