

FUNDAMENTAL FOOTWORK EXERCISES



Why important?

Being able to draw upon a range of exercises, whilst training, is important. In order to improve our movement, we must practice a range of purposeful footwork exercises to help target specific areas and ultimately keep you challenged as you progress!

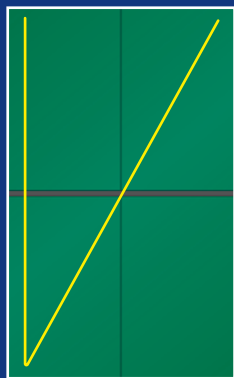
What to do?

Let us look at some regular footwork exercises you could have a go at to help improve your movement and stroke development. Feel free to use these as a base or as inspiration for different exercises.

Regular Exercises (for a right handed player)

2 FH

2 BH

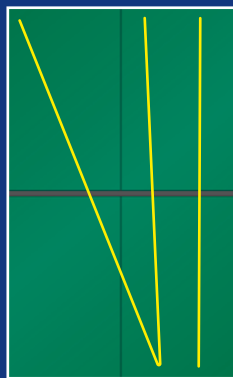


BH Control

1 FH

1 BH

1 BH

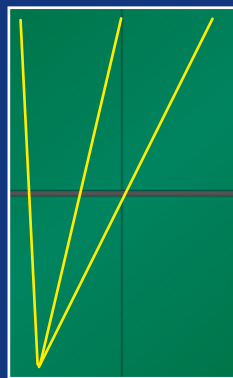


FH Control

1 FH

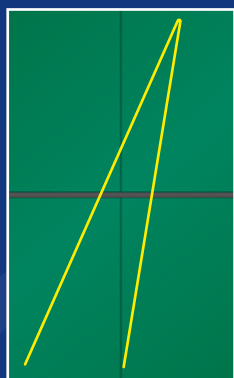
1 FH

1 BH



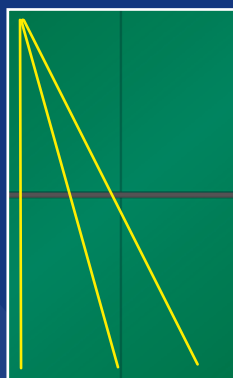
BH Control

BH



2xBH 2xFH

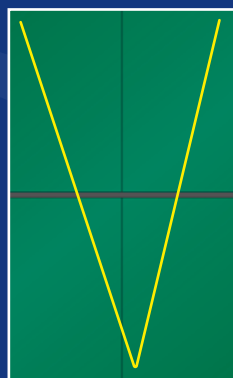
FH



2BH 2FH 2FH

FH

BH



2FH

Challenges and progressions:

- Use shadow play (replicating the movement and technique) for 30secs before starting the exercises
- Add in targets- plastic cups on blockers side to work on depth and direction of placement
- Record how many strokes you can play in row
- Record how many strokes in play in a minute
- Record how many whole sequences or sets you can get through
- Play free after a certain amount of strokes
- Change where the blocker feeds from – BH, FH or middle
- Increase speed or spin of strokes