



This idea uses a pack of playing cards and a list of drills to create a new routine each training session.

Instructions

1. Take a pack of cards
 - a. Separate the Aces, twos and threes into a pile. This is Pile 1.
 - b. Separate the four to 10 cards into another pile This is Pile 2.
 - c. Separate the Jack, Queen and King cards into a third pile. This is Pile 3.
2. Shuffle all three piles independently.
3. Take pile 1 and place all the cards in a vertical line on the table/floor in front of you. This is column 1.
4. Take pile 2 and place one card next to each of the cards you have just placed. Discard the remaining cards. This is column 2.
5. Take pile 3 and place them next to the other two cards. This is column 3.
6. You now should have 3 columns of cards with 12 rows.
7. Column 1 is the Drill Minutes. How long you perform each drill. Ace is one minute, the Two is 2 minutes and obviously, the three is 3 minutes. Adjust that to suit your needs. Make each card more or less time - it's your choice.
8. Column 3 is the Drill Mode:
 - a. **Power:** means trying to hit the ball as hard as you can, but still be able to keep the drill going.
 - b. **Control:** means being as precise as possible with the ball, maybe even using targets.
 - c. **Technique:** means focusing your attention on using good technique.
9. Column 2 is the Drill List. Using the Drill List below, see which drill you should perform. You have one veto meaning you can replace one drill with another random one.



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Example Draw

I created this example draw to give you some idea what a finished draw could look like. I mentioned that I liked using the cards instead of automating it because I feel it works well in squads, but also because it's easy to adapt it. For example, if a player hates one or two drills, those could be replaced by something else.

Pile 1: Time	Pile 2: Description	Pile 3: Mode
2♣	4♥: Side-to-Side: Walking Volleys	J♦: Power
2♦	8♣: Bh: St. Drive: Middle / Onto short line	K♥: Technique
3♥	6♠: Fh: St. Drive: Pre-short line	K♣: Technique
A♦	5♠: Fh: St. Drive: Into service box	Q♦: Control
2♥	5♣: Bh: St. Drive: Into service box	Q♣: Control
A♣	7♥: Reaction Fh/Bh Bounce	J♥: Power
3♠	9♦: Side-to-Side: Standing Drives	K♠: Technique
2♠	6♠: Fh: St. Drive: Pre-short line	J♠: Power
A♠	10♣: Figure of Eight: Bounce	Q♥: Control
A♥	5♦: Figure of Eight: Bounce + Straight	K♦: Technique
3♣	4♠: Fh: St. Drive: Off back wall	J♣: Power
3♦	7♦: Figure of Eight: Fh Volley / Bh Bounce	Q♠: Control



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Drill List One: KISS: Keep It Simple Squashers!

4♠	Fh: St. Drive: Off back wall	4♣	Bh: St. Drive: Off back wall
5♠	Fh: St. Drive: Into service box	5♣	Bh: St. Drive: Into service box
6♠	Fh: St. Drive: Pre-short line	6♣	Bh: St. Drive: Pre-short line
7♠	Fh: St. Drive: Close Cuts	7♣	Bh: St. Drive: Close Cuts
8♠	Fh: St. Drive: Middle / Onto short line	8♣	Bh: St. Drive: Middle / Onto short line
9♠	Fh: St. Drive: Middle off back wall	9♣	Bh: St. Drive: Middle off back wall
10♠	Side-to-Side: Standing Volleys	10♣	Figure of Eight: Bounce
4♥	Side-to-Side: Walking Volleys	4♦	Figure of Eight: Volley
5♥	Figure of Four: Bounce	5♦	Figure of Eight: Bounce + Straight
6♥	Figure of Four: Volley	6♦	Figure of Eight: Volley + Straight
7♥	Reaction* Fh/Bh Bounce	7♦	Figure of Eight: Fh Volley / Bh Bounce
8♥	Reaction* Fh/Bh Volley	8♦	Figure of Eight: Bh Volley / Fh Bounce
9♥	Fh Corner Drives	9♦	Side-to-Side: Standing Drives
10♥	Bh Corner Drives	10♦	Side-to-Side: Walking Drives

* The Reaction drill in this case is the player standing near a wall and hitting a forehand to their backhand and then back to the forehand. The closer you stand to the wall, the less time you have.



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Blank Drill List

Use this page to create your own drill list.

4♠		4♣	
5♠		5♣	
6♠		6♣	
7♠		7♣	
8♠		8♣	
9♠		9♣	
10♠		10♣	
4♥		4♦	
5♥		5♦	
6♥		6♦	
7♥		7♦	
8♥		8♦	
9♥		9♦	
10♥		10♦	