

Dink Practice Plan

Print or save this page – a 10-minute daily routine to master your soft game.

10-Minute Daily Dink Routine

- 0:00-2:00– Wall dinking warm-up (aim for 30 consecutive)
- 2:00-4:00– Straight dinks down the line (focus on low arc)
- 4:00-6:00– Cross-court dink target practice (use a cone or towel)
- 6:00-8:00– Topspin dink progression (brush up, dip down)
- 8:00-10:00– Dink-to-attack drill (high ball → step in and drive)

Technique Checklist

- Continental grip (handshake hold)
- Paddle face slightly open
- Knees bent, weight forward
- Short, controlled push (no big swing)
- Contact ball out in front
- Follow through toward target

Weekly Progress Tracker

Day	Consecutive Dinks	Notes
Mon	___	_____
Tue	___	_____
Wed	___	_____
Thu	___	_____
Fri	___	_____
Sat	___	_____
Sun	___	_____

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