



## Sample Two (2) Day Bailey Tennis Footwork Clinic

### Lead In

Prior to the commencement of the Clinic, an introductory lead in video is sent for players to review and, if possible, practice prior to the start of the Clinic. This will introduce players to the language, steps, stances and moves that Dave will be teaching, and will help to ensure that players make the most of their time with Dave.

### Day One

#### **9.00-9.30am: Video presentation (inside)**

Introduction to the concept of the 5 R's and Attacking Footwork.

#### **9.30–10.00am: Introduction – Learn the Look (on-court)**

- Getting Ready
- Reacting to the ball
- Out and Recovery steps
- Contact and Balance Moves
- Teaching progressions

#### **10.00am–11.00am: Attacking Footwork - The Step-Down Contact Move (on-court)**

Includes Shadow Tennis and teaching progressions of Cross-Court and Down-the-Line Step Downs, FH and BH + Run-around C and U-shaped Step Downs, and High BH Step Down, followed by Fed and Live Ball point play.

#### **11.00am-12.30pm: Attacking Footwork continued (on-court)**

Includes Shadow Tennis and teaching progressions, followed by Fed and Live Ball point play.

- Run-around FH Loaded Transfer
- FH and BH Front Foot Hop
- FH Low Spin

#### **12.30pm-1.30pm: Lunch**



## Day One Continued

### **1.30-1.45pm: Video presentation (inside).**

Introduction to Rally Footwork.

### **1.45pm – 3.30pm Rally Footwork - Learn the Look (on-court)**

“Learn the Look” of the 4 Rally Contact Moves.

Shadow Tennis and teaching progressions, followed by Fed and “Live Ball” point play:

- Hitting through the middle using the FH and Shift FH 2 Foot Pivots,
- Hitting cross court and down the line using the FH 1 Foot Pivot and FH Reverse Pivot,
- FH Lateral Hop (Cross - Court: Heavy and Angled)
- BH Closed Pivot (Cross - Court, Angled and Sliced)

### **3.30pm: Wrap Up.**

## Day Two

### **9.00am-9.15am: Video presentation (inside).**

Introduction to Defensive Footwork.

### **9.15am–12.30pm: Defensive Footwork - Learn the Look (on-court).**

“Learn the Look” of the 4 Defensive Contact Moves.

Shadow Tennis and teaching progressions, followed by Fed and “Live Ball” point play:

- Hitting “through the middle” using the FH and BH Mogul Moves,
- Hitting Cross-Court and Down the Line - using the FH and BH Power Moves,
- FH Reverse Spin.
- BH and BH Back foot Hop.

### **12.30pm-1.30pm: Lunch.**



## Day Two Continued

### **1.30pm-3.30pm: Net Play**

Shadow Tennis and teaching progressions, followed by Fed and “Live Ball” point play:

- Approach Shot Footwork (conventional only)
- Volley Footwork

### **3.30pm: Final wrap up.**