



## **Four (4) Day Bailey Tennis Footwork Clinic / Camp Sample Program**

### **Lead In**

Prior to the commencement of the Clinic, an introductory lead in pack 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. The pack includes:

- A Bailey Method (Tennis Blast) Training Manual
- A Bailey Method (Tennis Blast) FH and BH Shadow Video

### **Day One**

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

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

#### **9.30–11.00am: Introduction – Learn the Look (on-court)**

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

#### **11.00am–12.00pm: 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.

#### **12.00pm-1.00pm: Lunch**

#### **1.00pm-3.00pm: 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

#### **3.00pm: Wrap Up.**



## **Day Two**

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

Introduction to Rally Footwork.

### **9.30–12.00pm: 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,

### **12noon-1.00pm: Lunch**

### **1.00pm-3.00pm: Rally Footwork continued (on court)**

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

- FH Lateral Hop (Cross - Court: Heavy and Angled)
- BH Closed Pivot (Cross - Court, Angled and Sliced)

### **3.00pm: Wrap Up**



## **Day Three**

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

Introduction to Defensive Footwork.

### **9.30–12.00pm: 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,

### **12noon-1.00pm: Lunch.**

### **1.00pm-3.00pm: Defensive Footwork continued (on court).**

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

- FH Reverse Spin.
- BH and BH Back foot Hop.

### **3.00pm: Wrap Up.**



## **Day Four**

### **9.00am-10.00am: Shadow Tennis – Learned Footwork Overview (on-court).**

Players Shadow three footwork drills using the Contact Moves learned in Days 1-3:

- Attacking Footwork Drill
- Rally Footwork Drill
- Defensive Footwork Drill

### **10.00am -11.30am: Individual Video Assessments.**

Each player is filmed delivering the three footwork drills hitting thrown balls – Each drill is followed by an immediate on-camera assessment by David (recorded for players to review at a later date).

Two players at a time will rotate through David's court.

The other players, who are not being filmed at the time, will have Point Play on another court and are reminded to implement the Footwork Patterns they have learned.

### **11.30am 12.30pm: Lunch**

### **12.30pm – 1.30pm: Serve Sharp-Shooter.**

Every player is taught and assessed on the “60 Serve Sharpshooter Assessment System”, using 6 equal serving corridors, and an individual scoring sheet to record the scores.

Proper Serving footwork and Recovery Steps are included and reinforced in this session.

### **1.30pm – 2.30pm: Supervised Handicapped Tournament.**

Supervised by David with on-going feedback to players throughout.

### **2.30pm: Final wrap up and presentation of Clinic Level 1 Certificates**