

# BAILEY TENNIS FOOTWORK CLINIC 1 ASSESSMENT REPORT



## Personal Details:

Test Date: 06/05/2018  
Name: Sophia Brown  
Chronological Age: 17 Years old  
Nationality: American  
Playing Hand: (Right)/ Left  
Test Venue + Surface type: Miami, USA - Hardcourt

## Footwork Assessment Scale:



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CONTACT MOVE	INSTRUCTIONAL TIP	TYPE OF FEED	OUT STEPS TO BALL	THINGS TO LOOK FOR
<b>STEP DOWN</b>	PIVOT OFF FRONT FOOT	MID COURT HIP HEIGHT	STEP OUT RYTHYMN ADJUSTING STEPS	STAYING LOW KEEPING ANGLES BALANCE MOVE LEG THROUGH AFTER SHOT COMPLETE CIRCLE
<b>RATING</b> <b>FOREHAND</b>  <b>BACKHAND</b>  <b>RUN AROUND</b> 	<b>COMMENTS/ AREAS OF WORK:</b>  SOPHIA LOOKS VERY COMFORTABLE STEPPING DOWN ON BOTH SIDES. <b>PLEASE DO THIS AS MUCH AS YOU CAN!!!</b>  SHE NEEDS TO GET BEHIND THE BALL (FRONT FOOT, BACK FOOT) AND KEEP BETTER ANGLES IN THE LEGS. SHE MOVES ACROSS WITH WEIGHT ON THE FRONT FOOT SOMETIMES, BUT SHE NEEDS TO KEEP HER WEIGHT BACK AND TO CROSS IN FRONT WHEN COVERING BIGGER DISTANCES.  SHE STEPS OUT WELL TO THE BACK HAND, BUT AGAIN NEEDS TO STAY LOWER, THIS WILL HELP GETTING UNDER THE BALL WITH THE SWING AND GETTING BETTER SHAPE ON THE BALL. SOPHIA ADJUSTS HER FEET BETTER ON THE BACKHAND SIDE. - SHE SHOULD DROP HER BACK KNEE WHEN THE BALL IS LOW.  I THINK HER BH HIGH STEP DOWN IS ONE OF HER BEST SHOTS WHEN HIT WITH GREAT BALANCE.			

CONTACT MOVE	INSTRUCTIONAL TIP	TYPE OF FEED	OUT STEPS TO BALL	THINGS TO LOOK FOR
<b>2-FOOT PIVOT</b>	HIT OPEN STANCE WITH BOTH FEET ON THE GROUND	SLICED, FAST, DEEP BALL AT HIP HEIGHT	PIVOT STEP STEP OUT	CONTACT POINT AT SIDE WIDE BASE BALANCE MOVE/ INSIDE KNEE DROP HIT BALL STRAIGHT COMPLETE CIRCLE
<b>RATING</b> <b>FOREHAND</b>  <b>BACKHAND</b>  <b>SHIFT</b> 	<b>COMMENTS/ AREAS OF WORK:</b>  SOPHIA NEEDS TO GET LOWER AND GET BETTER SHAPE ON THE BALL. SHE NEEDS TO LET THE BALL COME TO HER AND KEEP THE DIRECTION OF HER SHOT DEEP OR HEAVY MIDDLE THROUGH THE CENTRE OF THE COURT.  SHE DIDN'T HIT A LOT OF BACKHAND 2-FOOT PIVOTS, BUT STILL GOOD TO BE AWARE OF THIS SHOT AND CAN STILL PRACTICE IT.  SHE SHIFTS WELL, BUT I FEEL HER 2-FOOT PIVOT IS ONE OF THE SHOTS SHE COULD PRACTICE MORE. IN THE VIDEO YOU WILL SEE THAT SHE GETS A BIT ELEVATED, SO WOULD LIKE HER TO DROP THE INSIDE KNEE MORE.			

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<b>1 FOOT PIVOT</b>	HIT OFF 1 LEG	HEAVY BALL CHEST HEIGHT	STEP BACK INTO BACK FOOT STANCE	FREEZE FINISH CONTACT FIRST BEFORE LIFTING BALANCE MOVE/ KNEE UP PIVOT FOOT TOWARDS NET HIT BALL WITH GOOD SHAPE
<b>RATING</b> <b>FOREHAND</b>  <b>REVERSE PIVOT</b> 	<b>COMMENTS/ AREAS OF WORK</b>  IT MADE A BIG DIFFERENCE WITH HER BALANCE AND SHAPE ON THE BALL WHEN SOPHIA LIFTED HER LEG AFTER CONTACT WITH A KNEE UP BALANCE MOVE.  TRY NOT TO BRING THE NON-HITTING LEG DOWN TOO QUICKLY.  SOPHIA PIVOTS THE FOOT WELL AND I WANT HER TO THINK THIS IS A GREAT SHOT TO HIT HEAVY AND OUT OF HER OPPONENTS STRIKE ZONE - AS LONG AS SHE HITS THE BALL DEEP ENOUGH.			

CONTACT MOVE	INSTRUCTIONAL TIP	TYPE OF FEED	OUT STEPS TO BALL	THINGS TO LOOK FOR
<b>RUN AROUND F/H TRANSFER</b>	RUN AROUND, SET UP STANCE & HIT AGGRESSIVELY	FLOATING MID COURT CHEST HEIGHT	RUN AROUND C & RUN AROUND U INTO SEMI-OPEN STANCE	SEMI OPEN STANCE CONTACT IN STRIKE ZONE BALANCE MOVE/ LEG CURL TOE POINT IN SHOT DIRECTION COMPLETE CIRCLE
<b>RATING</b> <b>INSIDE OUT</b>  <b>INSIDE IN</b> 	<b>COMMENTS/ AREAS OF WORK</b>  THE MORE SOPHIA USES THIS SHOT THE BETTER! IT IS HER BEST 3 STAR MOVE BY FAR. IT IS GREAT ON THE RETURN AND INTIMIDATING AS A TRAVELLING FH SWING VOLLEY. JUST REMEMBER TO SNAP THE HIPS, PULL THE FOOT ACROSS WHEN HITTING INSIDE OUT, AND ON THE SPOT WHEN HITTING INSIDE IN. WHEN SOPHIA SETS HER FEET -WATCH OUT!  JUST DON'T RUSH AND MAKE SURE YOU GIVE YOURSELF BIG TARGETS.  <b>REMEMBER TO USE THE BH TRANSFER A LOT ON THE 2<sup>ND</sup> SERVE RETURN.</b>			

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CONTACT MOVE	INSTRUCTIONAL TIP	TYPE OF FEED	OUT STEPS TO BALL	THINGS TO LOOK FOR
<b>LOW SPIN &amp; MOGUL MOVE</b>	HIT OFF OPEN STANCE & RECOVER TO CENTRE	DEEP MIDDLE (SPIN) DEEP WIDE (MOGUL) HIP HEIGHT	CHA CHA CHA 3 OR 5 CROSSOVER 1 OR 2 (DEPENDS ON AGE)	GO BEYOND BALL KEEPING ANGLES SEMI OPEN (SPIN) OPEN (MOGUL) SPIN HIPS (SPIN) SHIFT (MOGUL) CROSSES BACK
<b>RATING</b> <b>FOREHAND - LOW SPIN</b>  <b>BACKHAND - LOW SPIN</b>  <b>FOREHAND - MOGUL MOVE</b>  <b>BACKHAND - MOGUL MOVE</b> 	<b>COMMENTS/ AREAS OF WORK</b>  <p>SOPHIA STARTED OFF STRUGGLING WITH THE LOW SPIN, BUT REALLY IMPROVED OVER THE 4 DAYS. SHE GOT MUCH BETTER IN UNDERSTANDING WHERE HER FEET ARE IN SPACE. REMEMBER THAT IT'S REALLY IMPORTANT NOT TO OVER ROTATE AND TO HAVE THE OUTSIDE FOOT FINISHING FACING THE TARGET.</p> <p>WHEN DOING THE MOGUL MOVE SHE LOOKS GOOD WHEN THE STEPS ARE NOT TOO BIG MOVING OUT TO THE BALL. OTHERWISE SHE REACHES FOR THE BALL. SHE MUST REMEMBER THAT SOMETIMES 2 STEPS ARE BETTER THAN 1!</p> <p>I REALLY LIKED IT WHEN SOPHIA CHOSE TO HIT HER BACKHAND OPEN, AS SHE HAD MORE TIME AND HER RECOVERY WAS FASTER. SHE NEEDS TO FOCUS ON PUSHING OFF THE SIDE OF THE FOOT AND "HEAD ON THE PILLOW" WHEN THE OUTSIDE FOOT MAKES CONTACT WITH THE GROUND.</p> <p>THE KEY AREA FOR SOPHIA IS TO RELAX AND NOT GET TOO UP TIGHT. REMEMBER THE WORDS "RELAX AND WIN"!</p>			

CONTACT MOVE	INSTRUCTIONAL TIP	TYPE OF FEED	OUT STEPS TO BALL	THINGS TO LOOK FOR
<b>F/H LATERAL HOP</b>	CUT THE ANGLE & HIT F/H OFF F/WARD OPEN STANCE OFF OUTSIDE LEG AT AN ANGLE	ANGLED MODERATELY PACED BALL AT KNEE HEIGHT	CROSSOVER STEPS INTO F/WD OPEN STANCE	GO BEYOND BALL KEEPING ANGLES BALANCE MOVE/INSIDE KNEE LIFT CROSS OVER RECOVERY STEP HIT ANGLED REPLY
<b>RATING</b> <b>FOREHAND</b> 	<b>COMMENTS/ AREAS OF WORK</b>  <p>THE LATERAL HOP IS A MOVE THAT SOPHIA NEEDS TO WORK ON MORE. WHAT WAS INTERESTING IS THAT SHE HIT THE ANGLED LATERAL HOP BETTER THAN THE HEAVY LATERAL HOP. I FELT THAT WHEN HITTING HEAVY SHE TENDED TO JUMP TOO MUCH - JUST THINK OF SKIMMING THE GROUND.</p> <p>I REALLY THINK THE LATERAL HOP WILL HELP SOPHIA TO NOT OVER ROTATE ON HER OPEN FOREHAND AND GET MORE ANGLE OF HER FOREHAND.</p>			

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CONTACT MOVE	INSTRUCTIONAL TIP	TYPE OF FEED	OUT STEPS TO BALL	THINGS TO LOOK FOR
<b>B/H CLOSED PIVOT</b>	CUT THE ANGLE & HIT CLOSED BACKHAND WITH A DEEP SLICE & <b>COMMENTS/</b> TOP SPINNING ANGLED BALL	ANGLED BALL TO BACK HAND AT KNEE HEIGHT, MODERATELY PACED BUT FASTER FOR SLICE	CROSSOVER STEPS INTO CLOSED STANCE	SEMI CLOSED STANCE AT 45 DEG GOOD BRAKE STEP TECH BALANCE MOVE /BACK KNEE DROP CROSS BACK RECOVERY ANGLE TOPSPIN + DEEP SLICE C/C
<b>RATING</b> <b>BACKHAND</b>   <b>BACKHAND SLICE</b> 	<b>COMMENTS / AREAS OF WORK</b>  FROM A FOOTWORK POINT OF VIEW, SHE GOT INTO POSITION WELL, BUT STILL NEEDS TO WORK OUT WHAT OUT-STEPS TO USE IN THE VIDEO SHE DOES A GREAT JOB OF THE "CROSS 2 3" !  PROBLEMS COME MORE FROM RACKET HEAD SPEED THAN FOOTWORK, BUT SHE NEEDS TO DROP THE BACK KNEE, NOT ONLY FOR BALANCE, BUT ALSO TO GET UNDER THE BALL BECAUSE THIS CONTACT MOVE IS MADE ON A LOW SHORT BALL.  <b>SOMETIMES I FEEL SHE NEEDS TO BE MORE AGGRESSIVE ON THIS SHOT, BUT CERTAINLY HER STEP DOWN IS BETTER THAN HER CLOSED PIVOT BACKHAND. SO KEEP ADJUSTING THOSE FEET AND GET MORE OF A" BACK FOOT, FRONT FOOT" FEEL ON THE BACKHAND.</b>			

CONTACT MOVE	INSTRUCTIONAL TIP	TYPE OF FEED	OUT STEPS TO BALL	THINGS TO LOOK FOR
<b>POWER MOVE</b>	START AT SINGLES LINE, HIT OFF RUNNING STEPS, BRAKE THE RECOVER TO CENTRE MARK	CHALLENGING WIDE BALL KNEE HEIGHT	RUNNING STEPS EVENLY SPACED USING 1,2 ARMS	USE A BRAKE/BOUNCE STEP - DEPENDING ON FEED BALANCE MOVE /KICK BACK CROSSOVER RECOVERY COMPLETE CIRCLE SPLIT AT CENTRE
<b>RATING</b> <b>FOREHAND</b>  <b>BACKHAND</b> 	<b>COMMENTS/ AREAS OF WORK</b>  SOPHIA DID A GREAT JOB ON WHAT TRADITIONALLY IS A VERY DIFFICULT SHOT- WITH A FEW TEACHING TIPS SHE QUICKLY MADE BIG PROGRESS. JUST REMEMBER TO NOT JUMP TOO HIGH AND KICK THE LEG BACK WITH F/H AND B/H POWER MOVES.  I WANT HER TO LOOK AT THE BALL, NOT HER INTENDED TARGET, BEFORE SHE MAKES CONTACT, AND ALWAYS USE A KICK BACK BALANCE MOVE, SO SHE STAYS SIDE-ON THROUGH THE SHOT.  <b>HER HUSTLING SKILLS WILL WIN HER A LOT OF MATCHES, BUT HER GAME STYLE IS REALLY ALL OUT ATTACK AND INTIMIDATE.</b>			

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<b>F/H REVERSE SPIN &amp; BACK FOOT HOP</b>	FOR BACK FOOT HOP MOVE BACK AT AN ANGLE. FOR REVERSE SPIN MOVE STRAIGHT BACK	HIGH FLOATING DEEP BALL AT ANGLE AND STRAIGHT DOWN THE MIDDLE	SHUFFLE AT ANGLE INTO BACK FOOT STANCE FOR HOP AND SHUFFLE INTO SEMI-OPEN FOR REVERSE SPIN	LET BALL DROP TO STRIKE ZONE BALANCE MOVE- KNEE UP/HOP & SIDE KICK/REVERSE LOOK FOR GOOD SHAPE ON BALL COMPLETE CIRCLE
<b>RATING</b> <b>FOREHAND - BACK FOOT</b>  <b>BACKHAND - BACK FOOT</b>  <b>REVERSE SPIN - F/H ONLY</b> 	<b>COMMENTS/ AREAS OF WORK</b>  SOPHIA LEARNED THIS CONTACT MOVE VERY QUICKLY. WE DIDN'T HAVE TO SPEND MUCH TIME ON EITHER THE BACK-FOOT HOP OR REVERSE SPIN BECAUSE SOPHIA LIKES HITTING UP THE BACK OF THE BALL IF SHE HAS TOO.  HER FH BACKFOOT HOP IS BETTER THAN HER BH - AS SHE BRINGS HER KNEE UP CLEANER, SO HER BALANCE IS BETTER.  REMEMBER TO HIT AND RECOVER IN ONE MOTION WITH THE BACK-FOOT HOP.  I FELT HER REVERSE SPIN IS ONE OF HER BEST MOVES AND I THINK THIS IS BECAUSE SHE LIKES SETTING HER FEET UP SEMI-OPEN WHEN RUNNING AROUND.			

CONTACT MOVE	INSTRUCTIONAL TIP	TYPE OF FEED	OUT STEPS TO BALL	THINGS TO LOOK FOR
<b>FRONT FOOT HOP</b>	COME INTO NET & HIT OFF FRONT FOOT THEN SPLIT WHEN BALL HITS BACK FENCE	OPPORTUNITY BALL- SHORT SOFT FEED, HIP HEIGHT FEED NEAR SERVICE	STEP OUT & FORWARD SHUFFLE	MAKE CONTACT BEFORE HOPPING KEEPING ANGLES IN FRONT LEG BALANCE MOVE/ KICK BACK TIMING OF SPLIT STEP
<b>RATING</b> <b>FOREHAND</b>  <b>BACKHAND</b> 	<b>COMMENTS/ AREAS OF WORK</b>  SOPHIA'S FH FRONT FOOT HOP SEEMS MORE NATURAL THAN HER BH FRONT FOOT HOP. I FEEL THIS ALL GOES BACK TO HER INITIAL STEP OUT TO THE SIDE FOR BALANCE.  IT IS IMPORTANT NOT TO FRONT FOOT SET TOO EARLY, BY MOVING UP THE COURT LEANING IN. SHE SHOULD INSTEAD HAVE 65% OF HER WEIGHT ON THE BACK FOOT. ALWAYS TRY TO GET THE WEIGHT GOING IN THE DIRECTION OF THE SHOT.  YOU NEED TO KEEP THE ANGLES IN YOUR LEGS AND STAY DOWN ON CONTACT. THIS WILL ENABLE YOU TO CREATE SPIN WITH THE RACKET INSTEAD OF WITH THE LEG. THE LEGS ARE THE ENGINE AND THE RACKET THE DRIVER.			

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## Final comments/areas for work

THESE FINAL COMMENTS ARE MORE GENERAL REMARKS AND DO NOT RELATE TO ANY CONTACT MOVES AS I HAVE ADDRESSED THESE ABOVE.

THE FUNDAMENTAL MOVEMENT AREAS I FEEL SOPHIA NEEDS TO ADDRESS ARE:

- DON'T FRONT FOOT SET TOO EARLY...KEEP WEIGHT BACK WHEN MOVING DOWN THE COURT.
- STAY LOWER ON THE FIRST CROSS BACK RECOVERY STEP, FOCUS ON PUSHING OFF WITH SIDE OF FOOT AND SHIFTING WEIGHT EFFECTIVELY.
- WHEN HITTING OPEN, LET THE BALL COME TO YOU AND DON'T OVER ROTATE. REMEMBER LESS IS MORE!!!
- ALWAYS STEP OUT WHEN DOING A STEP DOWN OR FRONT FOOT HOP, I.E. THINK "BACK FOOT FRONT FOOT". ALSO CRUCIAL FOR HER TOO KEEP HER FEET WIDE, SO START WITH TWIST STEPS AND WIDE SOFT KNEES
- TRY AND MATCH SWING LINES TO THE CONTACT MOVE AND UNDERSTAND WHICH BALANCE MOVE MATCHES THE CONTACT MOVE.
- HIT OPEN MORE OFTEN ON WIDE BALLS TO HER BACKHAND - AS SHE DOES THIS WELL WHEN COMMITTED.
- WORK HARD ON BACKWARDS MOVEMENT AND PUTTING MORE SHAPE ON THE BALL USING THE BACK-FOOT HOP AND REVERSE SPIN.
- BE AWARE HOW IMPORTANT IT IS TO GET FEET INTO AS SEMI OPEN STANCE WITH BOTH TOES POINTING TO SIDE FENCE AND FORWARD LEG BENT AT 90 DEGREES.
- SHE NEEDS TO WORK ON CREATING HER OWN "WAY OF PLAY" - BE THE PUPPETEER NOT THE PUPPET !
- SHE SHOULD ATTACK THE NET AS MUCH AS POSSIBLE AND INTIMIDATE WITH HER SWING VOLLEYS AND SECOND SERVE APPROACHES.
- DO HER SHARPSHOOTER ONCE OR TWICE A WEEK - IF POSSIBLE AND KEEP ME POSTED ON HER SCORE!