



Bailey Tennis Footwork

INTRODUCTORY GROUP PROGRAM

Simple Introduction to the 12 Golden Contact Moves of Tennis

Getting Ready - Find athletic base, understand Unit Turn, understand the timing of Split Step.

- 1st to a verbal cue
- 2nd to bounce of the ball
- 3rd timing to opponents contact

First Athletic Skill (Red Ball) – Pivoting. Using 3-disc template then removing the discs.

- 1st FH Step Down
- 2nd BH Closed Pivot
- 3rd FH 2-foot Pivot
- 4th FH 1-foot Pivot

Second Athletic Skill (Orange Ball) – Hopping. Using 3-disc template then removing the discs

- 5th Front Foot Hop,
- 6th - Lateral Hop,
- 7th Back Foot Hop

Third Athletic Skill (Green Ball) – Transferring. Using 3-disc template then removing the discs

- 8th Run - Around Loaded FH Transfer

Fourth Athletic Skill (Yellow Ball) – Shifting. Using 3-disc template then removing the disc

- 9th FH and BH Mogul Move

Fifth Athletic Skill (Yellow Ball) – Spinning. Using 3-disc template then removing the discs

- 10th FH Low Spin
- 11th FH Reverse Spin

Sixth Athletic Skill (Yellow Ball) – Lunging. Using 3-disc template then removing the disc

- 12th FH and BH Power Moves



Next Progression - Demonstrate the 12 Golden Contact Moves through a variety of various templates, i.e. squares, arrows, dots, ladders and circles, placed systematically across, in front and behind the baseline, showing the most common location on the baseline for each Contact Move (Volunteer Coach/Student demonstrates).

Final Progression - On a separate court, set up with 3 different Sharpshooter target areas (orange, red, yellow). Volunteer player is put through a variety of thrown and fed ball drills, hitting balls towards the target areas.

There are 3 separate progressions are demonstrated: -

- 1) Predictable fed ball drill with cue words
- 2) Random fed ball with cue words
- 3) Random fed ball with no call/cue words incorporating all 12 Golden Contact Moves