

Skill: Footwork formula

Difficulty: basic

Intention

Shot preparation:

Split - Turn - In/Out - Watch

Split: jump and land on right or left side, depending on ball. Use body weight to move to that side.

Turn: unit turn FH/BH, move to ball

In/Out: with racket lift, shift your weight from the inside leg to the outside leg

Watch: eyes on racket during contact with weight on outside leg

Drill

Level 1: static balls to FH
Do split step just before ball leaves ball machine, apply formula before shot

Level 2: static balls to BH
Change ball direction to BH. Start from baseline centre, go back after each shot

Level 3: oscillator on
Apply the footwork formula while balls go along the baseline

