



TENNIS INSIDERS CLUB

PLAY YOUR BEST TENNIS EVER

Footwork: Month 3

Week 1

Episode 1: Split Step

Shadow the split step and move to a groundstroke (3 minutes)

Exaggerate split step when rallying from baseline (3 minutes)

Play baseline game to 7, 11, or 21: focus on split step

Play serve and return games to 7, 11, or 21: be aware of split step on groundstrokes

Make sure to:

Bring awareness to your split step

Try high and low split step to see what feel best

Jump sooner before opponent hits on high split step

Feet off the ground when opponent makes contact

Might be challenging to split on ball tossing and ball machine drills

Episode 2: Split Step And Go

Shadow the split step and focus on explosive 1st move (2 minutes)

Exaggerate 1st move after split step when rallying from baseline (3 minutes)

Play baseline game to 7, 11, or 21: focus on 1st move after split step

Play serve and return games to 7, 11, or 21: be aware of 1st move after split step

Make sure to:

Bring awareness to your 1st move after the split step

Try high and low split step and explode to the ball to see what feels best

Don't step out with outside leg after split step

Episode 3: Split Step On Return And Volley

Shadow the split step and move to a return (3 minutes)
Exaggerate split step and 1st move when hitting returns (3 minutes)
Play return game to 7, 11, or 21: focus on split step and move
Shadow the split step and move to the volley (3 minutes)
Exaggerate split step and 1st move when hitting volley (3 minutes)
Play volley game to 7, 11, or 21: focus on split step and move

Make sure to:

Bring awareness to your split step on return
Try high and low split step to see what feel best
Make a strong 1st move to the returns
Feet off the ground when opponent makes contact with serve
Bring awareness to your split step on volley
Make a strong 1st move to the volleys
Feet off the ground when opponent makes contact with passing shot