

FOOTWORK MASTER CLASS BY DAVE BAILEY

6-Week Progressive Footwork Program

HOW TO USE THIS PROGRAM

Each week introduces three new lessons. Between each lesson, complete a 25-minute reinforcement session designed to consolidate the Contact Moves already learned before progressing to the next lesson. At the end of each week, complete one optional 30-minute consolidation session to connect the week's work with movements from previous weeks.

For each new lesson, complete the following 30-minute routine:

- Watch the Shadow Routine twice in the CoachLife Shadow Tennis section — 5 minutes
- Shadow each allocated Contact Move 8 times — 10 minutes
- Shadow the Combination Routine 3 times — 5 minutes
- Complete the Feed Routine using hand-fed balls or a hit feed over the net — 10 minutes

Each new lesson takes approximately 30 minutes, each reinforcement session takes 25 minutes, and the optional weekly consolidation session takes 30 minutes.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

WEEK 1

Lesson 1:
Simple
Grounded
Pivots

Reinforcement Session
Reinforce all Contact
Moves from Lesson 1.

Lesson 2:
Runaround and
Rhythmical Pivots

Reinforcement Session
Reinforce all Contact
Moves from Lessons 1
and 2.

Lesson 3: Slicing
and Advanced
Pivots

Consolidation Session
Complete Lessons 1, 2
and 3 as one
continuous session.

02

WEEK 2

Lesson 4:
Grounded
Approach and
Net Play
Contact
Moves

Reinforcement Session
Complete Lesson 4 then
reinforce Lesson 1
Contact Moves.

Lesson 5: Simple
Grounded
Transitional Volleys

Reinforcement Session
Complete Lesson 5 then
reinforce Lesson 2
Contact Moves.

Lesson 6: Simple
Grounded
Finishing
Overheads

Consolidation Session
Complete a continuous
circuit covering
Lessons 1-6.

03

WEEK 3

Lesson 7:
Hitting Off
One Leg

Reinforcement Session
Complete Lesson 7
then reinforce Lessons
4 and 1.

Lesson 8: 1 Foot
Pivot Moves

Reinforcement Session
Complete Lesson 8 then
reinforce Lessons 5 and 2.

Lesson 9: Multi-
Directional
Hopping Ground-
Strokes

Consolidation Session
Complete a continuous
circuit covering
Lessons 1-9.

04

WEEK 4

Lesson 10:
Simple 1-
Legged
Approaches

Reinforcement Session
Complete Lesson 10
then reinforce Lessons
7, 4 and 1.

Lesson 11: Mogul
Moves

Reinforcement Session
Complete Lesson 11 then
reinforce Lessons 8, 5
and 2.

Lesson 12: Spin
Moves

Consolidation Session
Complete a continuous
circuit covering
Lessons 1-12.

05

WEEK 5

Lesson 13:
Loaded and
Lateral
Transfers
and Power
Moves

Reinforcement Session
Complete Lesson 13
then reinforce Lessons
10, 7, 4 and 1.

Lesson 14: Transfer
Approaches and
Overheads

Reinforcement Session
Complete Lesson 14
then reinforce Lessons
11, 8, 5 and 2.

Lesson 15:
Simple
Transitional and
Finishing
Transferring
Volleys

Consolidation Session
Complete a continuous
circuit covering Lessons
1-15.

06

WEEK 6

Lesson 16:
Grounded
and One-
Legged
Returns

Reinforcement Session
Complete Lesson 16
then reinforce
Grounded, One-Legged
and Transfer
movements.

Lesson 17: Hip
Snapping Returns

Reinforcement Session
Complete Lesson 17
then reinforce Hip Snap,
Spin and Transfer
movements.

Lesson 18:
Transferring
Returns

Consolidation Session
Grand Consolidation.
Complete Lessons 1-18
in sequence.

07

Level 1 - Grounded Footwork

Accounts for 40% of the total number of Contact Moves

MONDAY | **Lesson 1: Simple Grounded Pivots (30 min)**

Simple grounded pivots which include teaching points on how to - get ready, read an approaching ball and the fundamentals of the unit turn (reacting).

- 1/ FH Low Step Down (hit cross court)
- 2/ BH Low Step Down (hit cross court)
- 3/ FH 2 Foot Pivot (hit to the middle)
- 4/ FH Shift 2 Foot Pivot (hit to the middle) 5/ BH Closed Pivot (hit cross court)

TUESDAY | **Reinforcement Session (25 min)**

Reinforce all Contact Moves from Lesson 1.

WEDNESDAY | **Lesson 2: Runaround and Rhythmical Pivots (30 min)**

Runaround Grounded Pivots which include teaching points on how to perform C and U, shuffle back and rhythm "out steps"!

- 1/ Run Around C FH Step Down (hit inside out)
- 2/ Run Around U FH Step Down (hit inside in)
- 3/ Rhythm FH Low Step Down (hit cross court or down the line)
- 4/ Rhythm BH Low Step Down (hit cross court or down the line)
- 5/ Shuffle Back High 2 Foot Pivot (hit to the middle)

THURSDAY | **Reinforcement Session (25 min)**

Reinforce all Contact Moves from Lessons 1 and 2.

FRIDAY | **Lesson 3: Slicing and Advanced Grounded Pivots (30 min)**

Advanced Grounded Pivots and Basic Grounded Slicing Pivots - includes teaching points on how to perform rhythmical and crossing "out steps" and cross-over and push back recovery steps.

- 1/ FH turn, 2 3 2 Foot Pivot (hit down the line)
- 2/ BH Rhythm Slice (cross court)
- 3/ BH Carioca Slice (down the line)
- 4/ BH Cross 2,3 Closed BH (hit cross court)
- 5/ BH Cross 2,3 Closed slice (hit cross court)

SATURDAY | **Consolidation Session (30 min)**

Complete Lessons 1, 2 and 3 as one continuous session.

MONDAY | Lesson 4: Grounded Approach and Net Play Contact Moves (30 min)

Simple Grounded Approach Shots - includes teaching shuffle forward and Runaround C and U "out steps" and finishing each Contact Move with a Split Step.

- 1/ FH Full Pivot Approach (hit down the line)
- 2/ Run Around C Full Pivot Approach (hit inside out)
- 3/ Run Around U Full Pivot Approach (hit inside in)
- 4/ BH Carioca Topspin Approach Drive (hit down the line)
- 5/ BH Carioca Slice Approach Drive (hit down the line)

TUESDAY | Reinforcement Session (25 min)

Complete Lesson 4 then reinforce Lesson 1 Contact Moves.

WEDNESDAY | Lesson 5: Simple Grounded Transitional Volleys (30 min)

Teaching Rhythmical Volley Steps and finishing each Contact Move with a Split Step.

- 1/ FH Rhythmical Low Volley (hit down the line)
- 2/ BH Rhythmical Low Volley (hit down the line)
- 3/ FH Carrioca Low Volley (hit down the line)
- 4/ BH Carrioca Low Volley (hit down the line)
- 5/FH Shift Volley (hit to the middle)
- 6/ BH Shift Volley (hit to the middle)

THURSDAY | Reinforcement Session (25 min)

Complete Lesson 5 then reinforce Lesson 2 Contact Moves.

FRIDAY | Lesson 6: Simple Grounded Finishing overheads (30 min)

Forward and backward shuffling steps and finishing each Contact Move with a Split Step.

- 1/Stationary Smash (hit cross court or down the line)
- 2/Shuffle Forward Smash (hit cross court or down the line)
- 3/ Shuffle Back Smash (hit cc or down the line)
- 4/ Bounce Smash (hit cross court or down the line)
- 5/ Adjustment Smash (hit cross court or down the line)

SATURDAY | Consolidation Session (30 min)

Complete a continuous circuit covering Lessons 1–6.

Level 2 - One Legged Footwork

Accounts for 26% of the total number of Contact Moves

MONDAY | **Lesson 7: Hitting Off One Leg (30 min)**

Simple One-Legged High Step Downs which includes teaching points on how to perform rhythm and stepping in “out steps”

- 1/FH High Step Down (hit down the line)
- 2/BH High Step Down (hit down the line)
- 3/FH Runaround C High Step Down (inside -out)
- 4/ FH Runaround C High Step Down (inside -in)
- 5/ BH High Closed Pivot (hit cross court)

TUESDAY | **Reinforcement Session (25 min)**

Complete Lesson 7 then reinforce Lessons 4 and 1.

WEDNESDAY | **Lesson 8: 1 Foot Pivot Moves: (30 min)**

Simple 1 Legged 1 Foot Pivot Moves which includes teaching points on how to use stepping back, runaround and crossing back “out steps”

- 1/FH 1 Foot Pivot (hit down the line with FAST heavy spin)
- 2/FH Reverse Pivot (hit cross court with FAST heavy spin)
- 3/Run-around FH Reverse Pivot (hit cross court with FAST heavy spin)
- 4/ FH Cross Back at an angle FH Reverse Pivot (hit cross court with HIGH heavy spin)

THURSDAY | **Reinforcement Session (25 min)**

Complete Lesson 8 then reinforce Lessons 5 and 2.

FRIDAY | **Lesson 9: Multi- Directional Hopping Ground-Strokes: (30 min)**

Advanced 1-Legged Multi-Directional Hopping Contact Moves which includes teaching points on how to perform lateral cross over “out steps” on angled and deep heavy approaching balls!

- 1/ FH Heavy Lateral Hop (hit cross court)
- 2/ FH Angled Lateral Hop (hit an angled cross court ball) 3/ FH Backwards Hop (hit cross court)
- 4/ BH Backwards Hop (hit cross court)
- 5/ RA FH Backwards Hop (hit inside out)

SATURDAY | **Consolidation Session (30 min)**

Complete a continuous circuit covering Lessons 1–9.

MONDAY | Lesson 10: Simple 1-Legged Approaches: (30 min)

Simple 1-Legged Approach Shots - includes teaching shuffle forward and Runaround C and U "Out steps" and finishing each of the Contact Moves with a Split Step!

- 1/ FH Front Foot Hop Approach (hit down the line)
 - 2/ Run Around C Front Foot Hop Approach (hit Inside Out)
 - 3/ Run Around U Front Foot Hop Approach (hit Inside In)
 - 4/ BH Front Foot Hop Approach (hit down the line)
 - 5/ BH High Step-Down Approach (hit down the line)
- No Volleys or Overheads will be taught hitting off One-Leg.

TUESDAY | Reinforcement Session (25 min)

Complete Lesson 10 then reinforce Lessons 7, 4 and 1.

Level 3 - Hip Snap Footwork (from Elevated Open Stances)**WEDNESDAY | Lesson 11: Mogul Moves (30 min)**

Simple Hip Snapping Contact Moves which includes teaching points on how to perform lateral cross over 'out steps' towards fast wide deep approaching balls while selecting a moving open hitting stance!

- 1/ FH Mogul Move (hit to the middle)
- 2/ BH Mogul Move (hit to the middle)
- 3/ FH High Mogul (hit down the line)
- 4/ FH Shift Mogul (inside out)
- 5/ BH Backwards Mogul (cross court)

THURSDAY | Reinforcement Session (25 min)

Complete Lesson 11 then reinforce Lessons 8, 5 and 2.

FRIDAY | Lesson 12: Spin Moves (30 min)

Advanced Hip Snapping Contact Moves which includes teaching points on how to perform cha cha cha 'out steps' towards fast semi- wide deep approaching balls and then selecting a stable semi-open hitting stance! It also includes moving back off the baseline to deeper floating balls!

- 1/ FH Low Spin Moves (hit down the line)
 - 2/ FH High Spin Moves (hit down the line)
 - 3/ BH Low Spin Moves (hit down the line)
 - 4/ FH Reverse Spin Moves (hit inside-out)
 - 5/ Run Around FH Reverse Spin (hit inside out)
- No Volleys or Overheads will be taught Snapping the Hips.

SATURDAY | Consolidation Session (30 min)

Complete a continuous circuit covering Lessons 1-12.

Level 4 - Multi- Directional Transferring

Accounts for 24%* of the number of Contact Moves

MONDAY | **Lesson 13: Loaded and Lateral Transfers and Power Moves (30 min)**

Advanced Transferring Contact Moves which includes teaching points on how to set up the hitting stance, so it is semi-open then loaded and the weight is transferred from the back foot to the front foot so that the landing foot landing pointed in the direction of the hit. It also includes hitting of a running stance using running steps and stopping quickly with efficient braking steps.

- 1/ FH Loaded Transfer (hit down the line)
- 2/ Runaround FH C Loaded Transfer (hit Inside Out)
- 3/ Runaround FH U Loaded Transfer (hit Inside In)
- 4/ FH Power Moves (hit to the middle)
- 5/ BH Power Moves (hit to the middle)

TUESDAY | **Reinforcement Session (25 min)**

Complete Lesson 13 then reinforce Lessons 10, 7, 4 and 1.

WEDNESDAY | **Lesson 14: Transfer Approaches and Overheads: (30 min)**

Advanced Transferring Approach Contact Moves and Overheads using transferring footwork to approach the net and get back or a difficult overhead using advanced footwork.

- 1/ Run Around FH Lateral Transfer Approach (hit inside in)
- 2/ Run Around FH Loaded Transfer Approach (hit inside in)
- 3/ FH Travelling Transfer Approach (down the line)
- 4/ FH Scissor Kick Smash (straight back random)
- 5/ Runaround FH Scissor Kick Smash (inside out)

THURSDAY | **Reinforcement Session (25 min)**

Complete Lesson 14 then reinforce Lessons 11, 8, 5 and 2.

FRIDAY | **Lesson 15: Simple Transitional then Finishing Transferring Volleys (30 min)**

Advanced Transferring Volley Contact Moves which includes teaching points on how transfer step on the high volley and power step on the lunge volley and finish with a split step at the net.

- 1/ FH Low Volley Travelling Transfer (hit down the line)
- 2/ BH Low Volley Travelling Transfer (hit down the line)
- 3/ FH High Transfer Volley (hit at an angle)
- 4/ BH High Transfer Volley (hit at an angle)
- 5/ FH Lunge Power Move Volley (hit at an angle)
- 6/ BH Lunge Power Move Volley (hit at an angle)

SATURDAY | **Consolidation Session (30 min)**

Complete a continuous circuit covering Lessons 1–15.

Return of Service Footwork

Level 1: Grounded and Level 2: One-Legged Returns

MONDAY | **Lesson 16: Simple Grounded and One-Legged Returns (30 min)**

Simple grounded pivots and one-legged returns which includes teaching points on how to - get ready, read the opponents ball toss, split the step, hit the allocated return, and recover to the spots on the floor.

- 1/ FH 2 Foot Pivot (hit middle)
- 2/ FH Shift 2 Foot Pivot (hit middle)
- 3/ FH High Step down (hit down the line)
- 4/ BH High Step down (hit down the line) 5/ BH Front Foot Hop (hit down the line)

TUESDAY | **Reinforcement Session (25 min)**

Complete Lesson 16 then reinforce Grounded, One-Legged and Transfer movements.

Level 3: Hip Snap Footwork Returns

WEDNESDAY | **Lesson 17: Simple Hip Driving Returns (30 min)**

Simple Hip Driving Returns which includes teaching points on how to - get ready, read the opponents ball toss, split the step, hit the allocated return, and recover to the ideal recovery position.

- 1/ FH Mogul Move (hit middle)
- 2/ BH Mogul Move (hit middle)
- 3/ FH High Spin Move (hit down the line)
- 4/ BH High Spin Move (hit down the line)

THURSDAY | **Reinforcement Session (25 min)**

Complete Lesson 17 then reinforce Hip Snap, Spin and Transfer movements.

Level 4: Multi- Directional Transferring Returns

FRIDAY | **Lesson 18: Advanced Transferring Returns (30 min)**

Advanced Transferring Returns which includes teaching points on how to - Get ready, read the opponents ball toss, split the step, hit the allocated return, and recover to the ideal recovery position.

- 1/ FH Travelling Transfer (hit middle)
- 2/ BH Travelling Transfer (hit middle)
- 3/ FH Power Move (hit down the line)
- 4/ BH Power Move (hit down the line)
- 5/ Runaround FH Lateral Transfer Moves (hit down the line) 6/ Runaround FH Backwards Hop (hit inside out)

SATURDAY | **Consolidation Session (30 min)**

Grand Consolidation. Complete Lessons 1–18 in sequence.