

## **The Volley Contact Moves Article**

This article accompanies the video clip on volleying and refers to various contact moves used when volleying at the net.

Any ball which is hit at the net will be referred to as a volley ball. However, there are a variety of different volley balls depending on where the ball bounces i.e. half volley and normal volley, and whether the ball is hit at the body, wide, low or floating. The volley footwork selected will depend on several factors like-

- Height of the volley ball
- Width of the volley ball
- Speed of the volley ball
- Are you hitting a forehand or backhand volley?
- Are you close to the net or positioned near the service line?
- What works best for you i.e. you might prefer to slice or drive your volley

Note: Some of these volleys are quite advanced with the main aim to challenge the player and develop the tennis athlete. Because developing the tennis athlete is really what the Bailey Method is all about!

Remember – “It’s not just a workout, it’s a tennis education”

Following are the definitions of the Volley Contact Moves as seen on the video clip.

Note: In the video clip, 15 volley contact moves are mentioned, but both forehands and backhands are included in this count. In all, there are 9 different volley contact moves.

Each volley contact move will be explained under a template of-

- Type of volley ball
- Out steps
- Hitting Stance
- Contact move description
- Balance move explanation
- Recovery steps

**The volley moves are ordered below as they appear in the video clip!**

## **1. Drive Transfer Volley**

### Type of volley ball

The type of volley ball for the drive transfer volley is a high floating ball that is at chest height around about the service line and hit with heavy topspin

### Out steps

The out steps are small adjustments steps

### Hitting Stance

The hitting stance can be a forward open or semi-open stance depending on if you need to move forward or backwards and how much time you have to sit into the stance. If the aim is to hit the ball away get into a semi-open stance. If the aim is to approach the net then use a forward open stance.

### Contact move description

The Drive Volley Transfer is a volley contact move where the player establishes an athletic semi-open stance while loading about 65% of their weight on the outside foot. The player then transfers their weight from the outside foot to the front foot as they make contact with the ball. Often the player leg curls the back leg and then brings the trail leg around for recovery.

### Balance move explanation

The balance move of the drive transfer volley is a leg curl where the heel of the back leg bends towards the butt, this helps keep good body balance and alignment and helps the player extend through their swing and finish with the elbow high and in front

## Recovery steps

In a **live ball** situation the recovery steps are most commonly a push step from the back leg which comes down and drives the player towards the net in preparation for the next volley (in the case of the video demonstration (**fed ball**) the recovery steps are to the service line so the next volley can be demonstrated)

## 2. Lateral Hop (half volley)

### Type of volley ball

The type of volley ball for the lateral hop half volley is a dipping top spinning ball bouncing one metre to the right of the right foot or one meter to the left of the left foot around about the service line.

### Out steps

The out step is 1 front crossover step

### Hitting Stance

The hitting stance is an open stance.

### Contact move description

The lateral hop is a volley move where the player is stretched out wide and is trying to stay in the point with a half volley. The player establishes a quick open stance and travels beyond the ball with the outside foot pushing the player back to the centre of the court.

### Balance move explanation

The balance move depends on how the player wants to address the ball. If, the player wants to hit with more topspin lift the inside knee after contact and use a knee lift balance move. If, the player wants to flatten out the shot then shift sideways after contact and stay low and use a mogul step balance move.

### Recovery steps

The recovery steps are 1 front crossover step with the outside leg towards the centre or 2 quick side skips forward at an angle so you are advancing towards the net in preparation for the next volley

## **3. Front Foot Hop (half volley)**

### Type of volley ball

The type of volley ball for the front foot hop volley is a dipping top spinning ball bouncing one metre in front of the right foot or one meter in front of the left foot. Contact is generally made about 1 metre inside the service box.

### Out steps

The out step is a step out with the foot closest to the ball then step straight down the court towards the net

### Hitting Stance

The hitting stance is a neutral stance.

### Contact move description

A contact move where the player hops off the front foot in a neutral stance, while hopping forward toward the target

### Balance move explanation

The balance move is a kick back balance move where the rear leg kicks to the side fence after contact with the ball. This keeps the body side on and helps with balance and body alignment. A good tip is to watch the ball carefully and keep the angles in the legs when hopping. Impart the topspin with the hands not the legs.

## Recovery steps

In a **live ball** situation the recovery steps are most commonly a push step from the back leg which comes down and drives the player towards the net in preparation for the next volley (in the case of the video demonstration (**fed ball**) the recovery steps are to the service line so the next volley can be demonstrated)

## **4. Low Volley**

### Type of volley ball

The type of volley ball for the low volley is a dipping low top spinning or dinked ball hit on the full to the side of the right or left foot. Contact is made about 1 -2 meters inside the service box and at knee level when the front leg is lunged forward or across.

### Out steps

The out step is a step out with the foot closest to the ball then step straight down the court towards the net or across towards the net post. Most commonly 1 step is taken but, sometimes a forward rhythm step is taken after contact if the ball is hit around the service line and the player wants to improve their net position. This also gives nice flow and forward momentum to your volley (see video clip)

### Hitting Stance

The hitting stance is a neutral stance.

### Contact move description

The low volley is a contact move where the player steps down the court with their front foot into a neutral stance. If the low

volley is hit as a first volley forward rhythm step through the volley and finish with a split step (see backhand low volley in video) or if the low volley is a second volley and the player has good net position push, hold the position and split step when the opponent makes contact with the ball. It is important to get under the ball by bending the knees, keeping the back straight and opening the racket face as contact with the ball is made below the level of the net.

### Balance move explanation

The balance move is a back knee drop. By dropping the back knee you get the racket head under the ball and avoid bending at the waist.

### Recovery steps

In a **live ball** situation the recovery steps are most commonly a push forward from the back leg which directs the player towards the net in preparation for the next volley. In the case of the video demonstration (**fed ball**) the recovery steps on the forehand are to the service line so the next volley can be demonstrated, and the recovery steps on the backhand are moving forwards into the net which are more common in a live ball scenario.

## 5. Backhand Body Ball Volley

### Type of volley ball

The type of volley ball for the backhand body ball volley is a fast ball hit directly at the body where a backhand is chosen as it is travelling towards the left hip of a right handed player or the right hip of a left handed player. Contact is made about 1 - 2 meters from the net. A backhand is chosen because if a forehand volley was chosen the elbow of the hitting arm would get stuck in the rib region of the player making the volley.

This volley should only be practiced by advanced players who have mastered more of the fundamental volleys like the low volley and transfer volley.

### [Out steps](#)

After a split step the out step is to shift the weight sideways away from the ball to the backhand side and land on the inside foot and kick the outside foot towards the side fence.

### [Hitting Stance](#)

The hitting stance is a backhand open/semi open stance. This will depend on how much time you have to adjust your feet.

### [Contact move description](#)

The backhand body ball volley is a contact move where the player shifts out of the way of a ball that is jamming into the body. The hips will turn to give balance and power to the shot and help the elbow of the hitting arm to get clear and cut across the back of the ball. The ball is usually hit as an inside out backhand volley.

### [Balance move explanation](#)

The balance move is a kick back move

### [Recovery steps](#)

The recovery steps are to immediately side skip back into position near the centre of the net

## **[6. Forehand Shift Volley](#)**

### **[Type of volley ball](#)**

The type of volley ball for the forehand shift volley is a fast ball hit directly at the body where a forehand is chosen as it is travelling towards the right hip of a right handed player or the left hip of a left hander player. Contact is made about 1 -2 meters from the net. This volley should only be practiced by advanced players who have mastered more of the fundamental volleys like the low volley and transfer volley.

### **Out steps**

After a split step the out step is to shift the weight sideways away from the ball to the forehand side and land on the outside foot and drop the inside knee down for balance.

### **Hitting Stance**

The hitting stance is a shifting open forehand stance.

### **Contact move description**

The forehand shift volley is a contact move where the player shifts out of the way of a ball that is jamming into the body. The hips will turn to give balance and power to the shot, when shifting the weight and legs should push in the direction of the intended hit (see video)  
The ball is usually hit as a cross court volley but is also a great drop shot volley move when hit inside out.

### **Balance move explanation**

The balance move is a inside knee drop

### **Recovery steps**

The recovery steps are to immediately side skip back into position near the centre of the net

## **7. Backhand Carioca Volley**

### **Type of volley ball**

The type of volley ball for the backhand body ball is a semi-fast ball hit directly at the body where a backhand is chosen as it is travelling towards the left hip of a right handed player or the right hip of a left hander player.

### **Out steps**

After a split step the out step is step out the foot closest to the ball i.e. the left foot for a right hander and the right foot for a left hander.

### **Hitting Stance**

The hitting stance is initially an open stance that turns into a neutral stance AFTER contact i.e. As contact is made the back foot is on the ground but the front foot is elevated

### **Contact move description**

The backhand carioca volley is a contact move where the player pushes forward towards a ball that is jamming into the body. Contact is made about 1 -2 meters from the net. This shot is chosen as the player has a bit more time than a backhand body ball volley thus instead of shifting the weight the player attacks the ball and counterbalances by bringing the back foot in behind the front leg. This keeps the body side on and keeps the forward momentum flowing through the volley. The hips will stay side on to give balance and power to the shot. When making the carioca footwork step the legs should push in the direction of the intended hit (see video)  
The ball is usually hit as an inside out volley.

### **Balance move explanation**

The balance move is a foot in behind (carioca) move.

## **Recovery steps**

The recovery steps are to immediately side skip back into position near the centre of the net

## **8. Forward Transfer Volley**

### **Type of volley ball**

The type of volley ball for the forward transfer is generally a slow floating mid court ball that is generally landing half way between the service line and the baseline. It is an aggressive shot that is important to master as once you feel comfortable hitting it you can easily use it put the ball away and finish off the point.

### **Out steps**

After a split step the out step is step out the foot closest to the ball i.e. the left foot for a right hander and the right foot for a left hander.

### **Hitting Stance**

The hitting stance is initially a forward open stance that turns into a neutral stance AFTER contact i.e. contact is made the back foot is on the ground but the front foot is elevated

### **Contact move description**

The Forward Transfer volley is an offensive move where the ball is hit off a forward open stance and the weight is transferred from the back foot to the front foot. The body becomes elevated just before contact as the hips square up to face the net. The weight goes forward out towards the target with a leg curl balance move. The front foot always finishes pointing in the direction of the hit.

The forward transfer is a contact move where the ball is high and floating so a really aggressive move is made at the ball but the angles are kept in the legs through the entire hit. It is important to hit through the ball and not to jump up on contact or look up (lift the head) too early.

The ball is usually hit as an angled cross court or deep down the line volley.

### **Balance move explanation**

The balance move is a leg curl where the back leg curls toward the butt the rear leg then comes down and helps push the body back into good net position.

### **Recovery steps**

The recovery steps are to immediately side skip back into position near the centre of the net

## **9. Power Move Volley**

### **Type of volley ball**

The type of volley ball for the power move volley is generally a wide fast ball that has been hit as a passing shot and the only way to reach this shot is to lunge laterally (forward at an angle if possible)

### **Out steps**

After a split step the out step is step out the foot closest to the ball i.e. the left foot for a right hander and the right foot for a left hander. If the ball is really wide then the out step usually starts with a drop step, where the foot closest to the ball turns out and then drops onto the ball of the foot back under the body. The drop step is a step that gets the body lunging a big distance.

## **Hitting Stance**

The hitting stance is initially an open stance that turns into a closed stance AFTER contact i.e. as contact is made the back foot is on the ground but the front foot is elevated

## **Contact move description**

The Power Move volley is a defensive volley where the player is forced out very wide and hence made to use a quick lunging step out to the ball. The player establishes a quick open stance and lunges out towards the ball after or just before making contact (depends on how difficult the ball is to reach). The player travels beyond the ball, while keeping good angles in the legs and with the outside foot either takes 1 braking step.

The body actually should drop as you attempt the power move. The head should remain still through contact and angles kept in the legs. It is important not to jump up when lunging.

The ball is usually hit as an angled cross court or deep down the line volley.

## **Balance move explanation**

The balance move is a kick back. The balance move is extremely important in ensuring a successful power move volley. The back leg needs to kick back behind the body towards the side fence. This will enable the body to stay side on and help the swing extend out towards the target. A common error is to open the hips too soon and to look at the intended target instead of watching the ball. A good sign of a well completed power move is when the back leg "scissors back" on contact and the trail leg swings acting as a well controlled braking mechanism.

## **Recovery steps**

In relation to recovery steps I am a huge fan of using a crossover step when moving back to the centre after a power move volley. This is a lot faster and covers more ground than the side skip recovery steps but is harder to master. I also feel if you know you are going to cross back you tend to stay lower and don't stay and watch if the ball is going in!

The best way to crossover back is to ensure the leg closest to the centre drops back slightly (drop step) to clear the way for the outside crossing leg... Over short distances the side skip can always be used especially if you have directed your shot cross court. I usually don't encourage more than 1 crossover step because it is important to level the hips out and be ready to split step and also to be in a good balanced position in case the opponent hits back in behind you.

## **Questions & Answers**

### **Volley Contact Moves**

**Question:** Compare and contrast a forward transfer volley with a drive transfer volley?

**Answer:**

Comparing:

1. Both contact moves transfer the weight from the back foot to the front foot
2. Both have a leg curl balance move
3. Both are hit off a high floating ball that would land mid court
4. Both have a contact point around chest level
5. Both have finish with the racket finishing at shoulder level
6. The aim is to finish the point with both these volleys. They are the most effective and aggressive of all volleys.

Contrasting:

1. The drive transfer is hit off a semi-open stable stance/ the approach transfer is hit off an open stance.
2. With the forward transfer volley you punch the volley with a much shorter backswing. With the drive volley you have a bigger backswing a bigger follow through thus more chance of an error.
3. You tend to hit the drive volley much further back from the net than the forward transfer volley

**Question:** Do you teach all the volley moves in isolation first? If yes, can you please list these in order of difficulty!

**Answer:**

I would teach the low volley or step down volley first because it is the simplest and the best to also practice the racket technique and grips.

Next I would teach the forward transfer as it is a put away volley followed by the power move defensive volley. Half volleys and balls that are at the body require better footwork and racket control and are much more speciality volleys.

Each volley should be taught in isolation and then I like the ADD ON PHILOSOPHY where you learn and add a volley on, so all are put together in a fun athletic sequence like in the video clip (month 14).

Below is a list of increasing order of difficulty (in my opinion) of the volleys in the article and as seen in the video. The list is also based on decreasing commonality when playing a match-

- 1<sup>st</sup>- Low volley
- 2<sup>nd</sup> – Forward Transfer volley
- 3<sup>rd</sup> – Power move volley
- 4<sup>th</sup> - F/h shift volley
- 5<sup>th</sup> – B/h carioca
- 6<sup>th</sup> – B/h body ball
- 7<sup>th</sup> – Drive transfer volley -advanced
- 8<sup>th</sup> – Front foot hop (half volley) – advanced
- 9<sup>th</sup> – Lateral hop (half volley) -advanced

**Question:** When do you teach the volley contact moves?

**Answer:**

I teach volleys after the 12 groundstroke contact moves and approach shot contact moves have been taught as the language has already been introduced and the student(s) have already knowledge of the various hitting stances and timing of the moves.

I will then start to combine similar moves i.e. For instance hitting a run around forward transfer groundstroke, followed by a transfer approach and finishing with a transfer volley is a great sequence to “feel” the transfer but also work on the different subtleties that distinguish the groundstroke from the approach and volley.

The combination of contact moves really is limitless.

**Question:** What are the different athletic demands placed on a volley in comparison to a groundstroke?

**Answer**

Because you have less time when volleying there is much more reaction time training required. Less time also requires more power and explosiveness in the legs when playing volleys compared to ground strokes plus also a great strength base as you have to bend your knees lower on volleys than you do on ground strokes.

**Question:** Name some common footwork errors made when volleying?

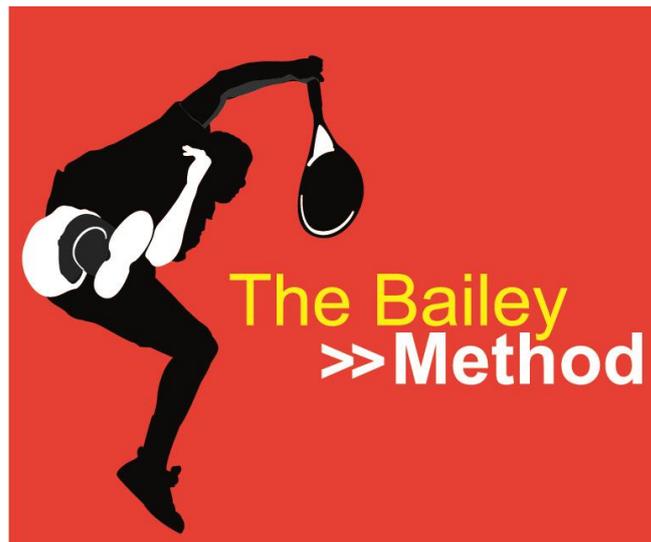
**Answer**

- 1.) Not split stepping when the opponent makes contact with the ball
- 2.) Not moving the foot closest to the ball first i.e. move from the back foot to the front foot
- 3.) Bending at the waist instead at the knees
- 4.) Not shifting sideways with the feet apart when the ball is heading towards the body
- 5.) Not gliding forward with the legs through the first low volley
- 6.) Keeping the feet too close together
- 7.) Letting the ball come to you on the floating volley instead of attacking the ball with small adjustment steps

# Relax and Win Essay

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**By David Bailey**



The ability to relax is a skill, and, fundamental to success in tennis.

Much of what I believe has been influenced by two brilliantly thought provoking books –Relax and Win hence my title in homage and thanks to Bud Winter and Warrior Walking by Josh Holzer.

I believe in going to the experts in the field and learning from their ideas.

Bud Winter says: “Relaxation is the key to championship performance in whatever you do. Use it!” Bud trained his track and field athletes to relax and they ended up winning 37 WORLD RECORDS. Nothing is a better testimonial to the art of relaxation than success like that.

### The Foundation Principle

The foundation principle of The Bailey Method is relaxation.

Many balance principals like a

- Vertical body axis
- Calm mind
- Steady head
- Level shoulders
- A wide base
- Weight centred
- Sinking of legs
- Good use of the kinetic chain
- Early racket preparation .....***all stem from the ability to relax!***

Relaxation is the key element to being balanced. Balance is critical for excellent tennis play at every level and one of my favourite aphorisms which I see proved in all my lessons is – “If you fix the balance, you fix the swing”

Along with balance, relaxation gives your play beauty, grace and efficiency.

People love watching players who are relaxed, look at Roger Federer. He is poetry written with the human body. I have always believed that "Balance is beautiful". A fine player is a pleasure to watch. They appear alert yet relaxed; they seem very calm and balanced with everything performed at a controlled speed. They are totally focussed yet stay loose and play with effortless effort.

### Proven Facts through Research

Let us look at the facts about relaxation and its effect on athletic performance.

In his book 'Relax and Win' a worthy mantra for any sports player. Bud Winter speaks of how he was employed to train World War 2 fighter pilot and to scientifically research the effect of relaxation on their performance. Being a fighter pilot is one hell of a stressful job, where your life is on the line every working second, not to mention that you are fighting for the freedom of your country. Here, after extensive research, experimentation and strictly controlled conditions are his findings. You will notice that I have related his pilot results to tennis!

Being relaxed –

- Makes you **more efficient physically** (tennis is a physical sport)
- Gives you **faster reactions** (tennis is a reaction sport)
- Makes you **think more clearly** (tennis is a thinking sport)
- Gives you **better recall** (tennis involves tactics based on observation)
- Adds **energy to your stamina tank** (tennis is an endurance sport)
- Keeps you **cool and poised** (tennis involves decision making under stressful conditions)
- Aids **coordination and timing** (tennis is a very coordinated and difficult sport to learn with a high reliance on precise timing)
- Makes you **focus better** (tennis is a game of vision flexibility .i.e. focusing in close and out into the distance)
- Helps you **concentrate harder** (tennis is a game to often riddled with concentration errors)

- Helps you **calculate more quickly** (tennis is a game of quick calculations and decision making)
- Helps you be **more creative** (tennis is a game where you have to adapt and break your opponents rhythm....if things are not going well you must also change you game plan)
- Relaxation **breeds confidence** (tennis is a confidence sport)

These findings blew my mind when I first read them. WE have to give the ART of relaxation the respect that it deserves.

### Trust in Relaxation

After Bud Winter completed his extraordinary breakthroughs in his research with fighter pilots he took his new found knowledge back to the athletic track. He got his runners to do 3 things only-

1. Run at 4/5<sup>th</sup> of their top speed
2. Relax the jaw and
3. Keep the hands limp

Now this was very hard for many of the athletes because it was not in their nature to do this. They had been brought up in the culture of "No Pain, no Gain", "110 percent effort", "Train harder than your rivals" mindsets. The proof was in the findings. Jaws hit the ground, cries of "It can't be!" resounded when the athletes, with a full chest of air, jogged back after their 80% effort. They had broken their personal best times.

Bud taught them to trust in relaxation.

I say this to my clients:

"To move without flaw, remember the 80% law."

Another one of Buds' saying was:

"Work at your fastest controllable effort" ...I love that quote!

He would also say

"Watch out for the sleepy looking guys with limp hands and loose jaws"

Wow, does that remind me of Pistol Pete Sampras before he delivered his great serve. It always looked like he was about to nod off and then he would serve a swinging bullet that would defy physics and break off at incredible angle having the best players in the world scratching their heads!

### Getting relaxed!

So what are some things we can think about and check on in order to get relaxed?

How do these check points relate to tennis?

When playing tennis, relaxed form comes from 7 key areas –

1. **Jaw flopped loosely** – a lot of elite athletes stick their tongues out, McEnroe, Sampras, Michael Jordan all come to mind. Martina Hingis smiled when she played.
2. **Hands are like rag dolls** – keep the forearms strong, get the tension out of the muscles directly involved in the task in hand. Good hands = loose hands. Hold the grip at only 3 out of 10 tensions, like holding a baby bird with love and tenderness.
3. **Wrinkles nonexistent on forehead** – When Roger Federer plays tennis he has a motionless face and very still head on contact with the ball, so noticeable because he does it so much better than the rest. There is absolutely no tension in his movement, he glides, he is smooth, Roger just floats across the court. Like my favourite mentor the fabulous martial artist Bruce Lee says: “Be like water my friend” and Roger flows better than anyone.
4. **Shoulders low to the ground and relaxed** – To be relaxed on court you don’t want to tense the upper body and if you have low shoulders it will free up the muscles around the spine thus giving you better upper body

rotation. This is critical for switching on the core muscles of the body and thus helping to generate power.

5. **Weight is centred in quads (front of thighs) not lower back** – If the weight is “sunk” and “sits” into the quads then not only does this load the legs it also takes the stress off the lower back. This prevents lower back strain and allows better range of motion around the lumbar spine. This thus means fewer injuries to the lower back. Having good angles in the legs allows gliding and flowing around the court. Loading the legs gives you better power and balance because it lowers your centre of gravity. Think of a skateboarder when he hits a bump in the road, he immediately sinks into his legs to regain balance and control over his body.
  
6. **Rib cage is held up and body beautifully aligned** – There was a car advertisement which sticks in my mind. Its catch phrase was “Alignment equals Balance and Control”. Think of a spinning top. As soon as it loses its’ vertical axis it starts to wobble out of control. A simple way to gain alignment is to lift the ribcage and sit the head on the shoulders as if being held by a string. Remember to sink the weight down.
  
7. **Keep the base wide** – If you keep the base wide, not only does it give greater stability it also encourages better body alignment. Compare a Ferrari to a tractor, one hugs the ground and the later bounces up and down like a turbulent cork.

#### Relaxing under pressure “Think Fundamentals”

All the relaxation key points above are skills that need to be practiced so they become natural when playing under pressure. Playing in a tournament is never the same as a practice match. You can’t be thinking about too many things. It all comes down to trusting your training. When I talk to my players about

tournament play I like to them to emphasise good form fundamentals –

1. Watch the ball intently
2. Keep the feet wide
3. Split the step
4. Stay low  
and most importantly
5. Relax with Humble Confidence (believe in yourself and respect the game and your opponent)

Relaxed tennis will soon become a habit pattern that holds up under all conditions.

### The Natural "Keep to the Simple"

Most of us have to learn to relax until it becomes so ingrained that it happens automatically. The objective is to have no tension in movement. Being relaxed in motion is very different to being relaxed when still or sitting or lying down.

The important thing is to learn the 'natural' way of doing things. Every person has their own "What feels natural" or "What they feel comfortable with". It is all very personal and unique.

'Natural' comes from personality type, body types, previous coaching, parental influences, even your heroes as kids. It is the coaches' important role through communication, asking the right questions, researching, absorbing and rejecting to find out what works and feels good for a particular person. A player will never use anything that doesn't appear as being simple, natural and works for them.

I love this quote by Josh Holzer!

"It is possible to lose track, take a wrong fork, trip and fall, and even get caught in the elements. So the best advice I, as merely a fellow traveller can give is to KEEP TO THE SIMPLE.

Remember, rely on the basics, and your journey will be as comfortable as nature allows.”

### The Key

In conclusion, being relaxed is certainly essential to playing great tennis and having smooth, flowing movement around the tennis court.

Remember, a lot of players no matter what their standard all should have a mantra or a saying to help focus their minds during a game. For me, it’s the simple but strong two words from Bud Winter “Relax and Win”.

I agree with Bud when he said – “Relaxation is the key to championship performance in whatever you do. So, use it”!

### Bailey Method Statements

Hi players lounge subscribers,

Over the next few months Bailey Blogs will be replaced with Bailey Method Statements – see below for further explanation – ENJOY!!

**Bailey Method Statements** are an array of

1. Quotes
2. One liners
3. Guidelines
4. Information and
5. Instructions

They have helped me define and explain many of my teaching concepts to my students!

**DEAR READERS** - If **YOU** have some **great statements for me that you share everyday with your students..I can add them to the end of this section and I will gratefully reference you and your centre (it is so much fun to spread the word and share your thoughts)....just e-mail them to [info@thebaileymethod.com](mailto:info@thebaileymethod.com)**

*Ideas are meant to be shared not held within!!!*

Many of these statements have been left for your interpretation-

- Movement is the name of the game. Footwork the key. 1<sup>st</sup> Get to the ball (out steps), 2<sup>nd</sup> Set up the feet (hitting stance), 3<sup>rd</sup> Solid correct contact move + relevant balance move, 4<sup>th</sup> Recover to the mid-point of your opponents best shot
- Use the ground to your advantage
- Be light and ready to move, not heavy and stuck to the ground. "Touch and Go" with your split step!
- Effortless footwork....I look for a natural drop step and shift and flow split steps.
- Good movement is self imposed.
- It is foot WORK not foot WALK!
- A good competitive attitude is no good if you can't get to the ball and control the shot!
- You must learn to connect moving and hitting
- It's all about moving and feeling
- Train the waiting, the Bailey method takes away the guessing. It is about an educated read and response.
- In teaching the Bailey Method there are no short cuts. Progressions are very important for mastery and more importantly understanding. Licensing and learning the teaching properly should always take precedence over road shows and DVD sales. These are for learning the look not teaching the method.
- Get rid of internal noise i.e. negative self talk – allow yourself to play instead of making yourself play
- All moves begin on the floor

- Spin, swings, speed and placement of the ball also relate to the Bailey Method.
- I am about moving forward, hitting the ball crisply but this needs to be done with balance, great posture, minimized effort and anchoring the last step so you know where your weight is....I call this last step the educated foot, penultimate step or anchor step. Getting behind the ball and transferring from the back foot to the front foot is a core principle (fundamental skill) of the Bailey Method. Other core principles are –
  - Wide base of support and good timing of split step
  - Staying low
  - Keep knees and hips sideways (outside foot turned to side fence)
  - Being relaxed
  - Well synchronized unit turn
  - Vertical body axis
  - Watch the ball not the target
  - Still head on contact
  - Not jumping reaching or falling
  - Make contact then the move
  - Extension of the swing
- ✓ The funny thing here was....I tried to cull the above down but couldn't ....they are all super important to fundamentally sound tennis!!!

- Look ...I know there is a barrage of information...but remember how the changes FEEL and what works for YOU!
- I don't want my method to be a command method but an experimental, self discovery method
- With Shadow Tennis – think feeling, rhythm and balance....we must learn to feel how to play before hitting a ball. Then we can compare and contrast our good shadow move with our poor ball hit.