



THE BAILEY METHOD JOURNEY

TRAINING PROGRESSION

| STAGE 1 | | | |
|--|---|-------------------------------------|---|
| Mastering The Bailey Method Contact Moves & establishing your strongest Moves (Ground-Stroke, Approach Shots, Volleys, Overheads, Returns and Serves). | | | |
| LEVEL | 1 | Shadow Master | Learn and master the Contact Moves through shadow drills. |
| | 2 | Contact Move Master | Master the Contact Moves with fed and live ball. |
| | 3 | Target Master | Establish the individual players strongest Contact Moves to deliver fed and live balls to target areas with greater accuracy, speed and power. |
| STAGE 2 | | | |
| Combining your strongest Contact Moves against your opponent to more consistently win the point. | | | |
| LEVEL | 4 | Dimension Master | Combine the player's strongest Contact Moves, that have a similar "way of hitting" (eg: heavy, angled, on the rise etc), to either take time away from the opponent or hit out of the opponents strike zone. |
| | 5 | Pattern Master | Combining the Dimensions to create 12 individual patterns that consistently work against your opponent. Each pattern has the tactical decision to either Neutralise, Build, Take Control or Finish the point. |
| STAGE 3 | | | |
| Develop and master your individual Tactical Playbooks | | | |
| LEVEL | 6 | Choreographed Playbook Master | Combine the 12 individual patterns, using fed ball, into establish Personalised Choreographed Playbooks. Your Playbooks consistently produce "winners" or force your opponent into error to win the point. |
| | 7 | Adaptive Tournament Playbook Master | Through video analysis and charting of live match play - master the ability to fluidly adapt your Playbooks, as required, in tournament conditions. |