

Baseline Footwork Secrets

Shadow Stroke Footwork Workouts

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A Quick Word On These Workouts

In the 6 Week Shadow Stroke And Footwork Workout Program, you're going to get 12 workouts to choose from. You will improve your footwork and your technique all while you get your heart pumping. With these unique workouts, you can focus on making your footwork more precise and efficient without worrying about hitting the ball and losing points. Use these workouts to warm up, cool down, or to improve your tennis fitness.

Developing a higher level of footwork skill is one aspect of your game that you have absolute control over. You don't need a partner to practice with or a coach to guide you as you incorporate the shadow stroke workouts you're your training. It is best to perform these workouts on a court but you can also practice your movement off the court as well.

If you lack technical skill in some area of your game you can make up for it with better footwork. You can frustrate your opponents if you are able to get to more balls and play with more balance. In addition, your endurance will improve significantly as you become more efficient with your movement. The more you practice these workouts, the better you will move around the court.

The following workouts have been created for you so that you can add them to your training as you see fit. Whether you are a beginner, an intermediate or a pro, you can perform these workouts and improve your game. Get ready to take your tennis to another level.

Adding in these workouts twice a week (you can do them more often as a warm up or cool down) will help jump start your tennis footwork mastery. Let these workouts help you build your footwork and tennis foundation for years to come.

Warming Up And Cool Down

Before you practice or play a match, you can warm up by going through one of the shadow stroke footwork exercises at half speed. This is a great chance to warm up the body without rushing and to prepare with specific tennis movements. These footwork exercises help you rehearse points in your mind as you move. Once you start hitting balls you will be more prepared to move like a pro. You can also cool down your body after practice or matches by shadow stroking. Make sure you take your time and focus on cooling down as you move precisely.

How To Implement The Workouts

We've set up a six week training cycle for you to add to the shadow stroke footwork workouts to your tennis training. For high impact, high intensity training, perform 2 shadow stroke footwork workouts per week. so it will take 6 weeks to get through the 12 workouts. You can also choose to do 3 workout per week which would result in a 4 week program. Plus, if you don't want to use these workouts for endurance training, you can use them as an easy warmup before practice or a cool down after practice.

The layout for the 2 workout per week program might look like the following for a 6 week program.

Week 1- 6						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Shadow Stroke Footwork Workout	Off	Off	Shadow Stroke Footwork Workout	Off	Off	Off

To program the 12 workouts into a six week training cycle you would structure it as follows:

- Week 1: Workout 1 and 2
- Week 2: Workout 3 and 4
- Week 3: Workout 5 and 6
- Week 4: Workout 7 and 8
- Week 5: Workout 9 and 10
- Week 6: Workout 11 and 12

The Workouts (2X/Week)

Week 1

Workout 1 – Open Stance ([Click To Download](#))

- 30 Seconds Work
- 20 Seconds Rest
- Repeat 6 times

Workout 2 – Open Stance Forehand To Step In Slice Backhand ([Click To Download](#))

- 30 Seconds Work
- 20 Seconds Rest
- Repeat 6 times

Week 2

Workout 3 – Open Stance Forehand To Run Thru Backhand ([Click To Download](#))

- 30 Seconds Work
- 20 Seconds Rest
- Repeat 7 times

Workout 4 – Open Stance Backhand To Outside Hop Forehand ([Click To Download](#))

- 30 Seconds Work
- 20 Seconds Rest
- Repeat 6 times

Week 3

Workout 5 – Forehand Square Up To Backhand Defensive Open Stance ([Click To Download](#))

- Perform 8 times
- 30 Seconds Rest
- Repeat 6 times

Workout 6 – On The Run Movement ([Click To Download](#))

- Perform 3 times each side
- 20 Seconds Rest
- Repeat 6 times

Week 4

Workout 7 – Running Forehand ([Click To Download](#))

- 30 Seconds Work
- 20 Seconds Rest
- Repeat 7 times

Workout 8 – Inside Out To Inside In Forehand ([Click To Download](#))

- 30 Seconds Work
- 20 Seconds Rest
- Repeat 6 times

Week 5

Workout 9 – Backhand Return To Running Forehand ([Click To Download](#))

- Perform 5 times
- 30 Seconds Rest
- Repeat 6 times

Workout 10 – Back To Front To Running Forehand ([Click To Download](#))

- 20 Seconds Work
- 20 Seconds Rest
- Repeat 6 times

Week 6

Workout 11 – Outside Hop Forehand Deep To Back To Front Deep Backhand ([Click To Download](#))

- Perform Footwork Combo 5 times
- 20 Seconds Rest
- Repeat 6 times

Workout 12 – Switch To Square Up Forehand ([Click To Download](#))

- 20 Seconds Work
- 20 Seconds Rest
- Repeat 6 times

The layout for 3 workouts per week might look like the following for a 6 week program.

Week 16						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Shadow Stroke Footwork Workout	Off	Shadow Stroke Footwork Workout	Off	Shadow Stroke Footwork Workout	Off	Off

To program the 12 workouts into a six week training cycle you would structure it as follows:

Week 1: Workout 1, 2, 3

Week 2: Workout 4, 5, 6

Week 3: Workout 7, 8, 9

Week 4: Workout 10, 11, 12

The Workouts (3X/Week)

Week 1

Workout 1 – Open Stance ([Click To Download](#))

- 30 Seconds Work
- 20 Seconds Rest
- Repeat 6 times

Workout 2 – Open Stance Forehand To Step In Slice Backhand ([Click To Download](#))

- 30 Seconds Work
- 20 Seconds Rest
- Repeat 6 times

Workout 3 – Open Stance Forehand To Run Thru Backhand ([Click To Download](#))

- 30 Seconds Work
- 20 Seconds Rest
- Repeat 7 times

Week 2

Workout 4 – Open Stance Backhand To Outside Hop Forehand ([Click To Download](#))

- 30 Seconds Work
- 20 Seconds Rest
- Repeat 6 times

Workout 5 – Forehand Square Up To Backhand Defensive Open Stance ([Click To Download](#))

- Perform 8 times
- 30 Seconds Rest
- Repeat 6 times

Workout 6 – On The Run Movement ([Click To Download](#))

- Perform 3 times each side
- 20 Seconds Rest
- Repeat 6 times

Week 3

Workout 7 – Running Forehand ([Click To Download](#))

- 30 Seconds Work
- 20 Seconds Rest
- Repeat 7 times

Workout 8 – Inside Out To Inside In Forehand ([Click To Download](#))

- 30 Seconds Work
- 20 Seconds Rest
- Repeat 6 times

Workout 9 – Backhand Return To Running Forehand ([Click To Download](#))

- Perform Combo 5 times
- 30 Seconds Rest
- Repeat 6 times

Week 4

Workout 10 – Back To Front To Running Forehand ([Click To Download](#))

- 20 Seconds Work
- 20 Seconds Rest
- Repeat 6 times

Workout 11 – Outside Hop Forehand Deep To Back To Front Deep Backhand ([Click To Download](#))

- Perform Footwork Combo 5 times
- 20 Seconds Rest
- Repeat 6 times

Workout 12 – Switch To Square Up Forehand ([Click To Download](#))

- 20 Seconds Work
- 20 Seconds Rest
- Repeat 6 times