

Jeff Salzenstein's

SLICE BACKHAND SOLUTION



Quickstart Checklist

Tennis Backhand Solution

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Program Quickstart Checklist

- Have you decided if you think you require more technical or footwork help?
- Have you filled out the slice backhand evaluation?
- Have you listed each step you will master to improve your slice backhand?
- After watching any of the presentations, do you understand the basic fundamentals that have been outlined to practice?
- Did you write your goals down to review daily?
- Have you listed your technique goals?
- Have you listed your footwork goals?
- Have you established a specific deadline when you will have your technique and footwork patterns mastered?
- Do you have a list of players, coaches and friends you can play with to practice your new skills?
- Have you located a ball machine you can use during the week?
- Do you have a spot picked out in your house, at a local tennis court, and/or at your club where you can practice shadow swings? Find a place that also has enough space for shadow footwork.

Program Quickstart Checklist

- Have you written down how you will practice you skills?
- Did you plan out the entire first week's practice? It is best to do this ahead of time so that you can make any adjustments in your training program. Having a plan in place in fundamental to success.
- How far in advance will you prepare your practices ahead of time? It is best to schedule practices at least a week in advance.
- Did you set up optimal times to practice based on your availability?
- Do you have your note cards in your racquet bag?
- Do you have an extra copy of your note cards at home?
- Did you plan out your weekly off court exercise schedule based on your daily (morning, lunch time, afternoon, etc) and weekly (days per week) availability? Set up a plan that works with your schedule and stick to it.
- Have you checked off all the items on this list? If so, congratulations, you're ready to experience incredible results with your slice backhand.