Footwork

By Anthony Ricketts

Front Two Corners - Under Pressure

• Split step.
• Two lunges.
• Straight to the ball.

Giving self space from side wall.

• With this movement, he is not really leaving the middle of the court. Feels connected to the “T”.

• Allows him to take the ball out in front and use the momentum from the “T” to push the ball in for a drop shot.

• When really under pressure, allows greater reach moving forward.
Movement Across the Middle

- Player stays connected to the “T”.
- Gives space from side wall.
- Body stays open with front leg staying on “T” and back leg getting behind the ball.
- Body stays open, allowing greater angle and feel with the ball.

Again, does not leave the “T” forcing his opponent to move around him.

At full stretch, this is quickest method or pattern.

Two Feet in back corner

- Bring two feet in this position.
- Have both feet on ground to give greater balance.

The back leg comes in and balances the weight.