

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.