Footwork

‘The Split step’

The ‘defensive’ Split step (High jump)

- Ready to move in any direction
- Push high off ground
- Sprinting in any direction (forwards, backwards, sideways)
- Wide base (Horse stance)

Split squat

- Tiny little split step going low with body
- Like bum sitting on a chair
- Inside the court
- Aggressive situation
- Dictate the point
- Low Centre of gravity
- Take the ball on the rise
- Take the ball early

Low wide split step at the net

- Wide base
- Like a goalkeeper
- Get down low
- Constantly moving

Improve Split step

- Movement Drills, getting to the ball quickly, recovering quickly
- Basically a signal to your body to move in any direction
- Low / down
- Wide base (Horse stance)
- Bouncing from leg to leg
- Small split steps then a big one, high jump
- Ready position
- Tip

Drills

On a line with racket

- ✓There and back 10 times (or 20 if one can manage) x 3 sets
- ✓Several small splits then as many very high splits for 30 seconds x 3

Getting to the ball faster

- Setting up the shot
- Normal steps and not side steps
- Landed
- Tuck in, in the direction you want to go
- Turn shoulders
- Running steps sideways on, then ready to hit the ball

Drills

- ✓ Split step – Tuck in – Push off – Run – Focusing on ball over shoulder
- ✓ Small split steps - Split step over 2 cones – Turn – Sprint

Recovering

- Best way to recover
- Side steps for small distances
- Cross over step (in front / behind)
- Body weight on middle leg which enables to push off better

Drills

- ✓ With two cones : Cross over step – side step – cross over other side
- ✓ Split step – Turn and run sideways - Shadow stroke - Cross over – Side step
- ✓ Challenge : Get further and further
- ✓ Exposed greater distance : Running step

SPORT & FORMATION

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