

Footwork checklist for a performance player

Red

- The 3 S's
 - o Split step
 - o Shuffle steps to setup
 - o Stance (tip stance – weight transfer going forwards)
- Constant athletic stance
- Run step, cross step, side steps recovering back to the centre
- Serve and split step
- Small split step on return of serve
- Recovery/pivot steps

Orange

- The 3 S's
- Athletic stance
- Emphasis on side-to-side and forward movement
- Escape, hunt, and beat the bounce
- With time: tip stance, pivot step and hop step
- Under pressure: run step, glide step and reverse pivot step
- Even split steps (sumo, regular, low)
- Recovering off-centre, prioritising split step over recovery position
- Serve: knee bend and transfer weight forward
- Return: step in (on place up) and split step

Green

- Emphasis on backwards movement and recovery (more escaping)
- Backwards pivots, jump (higher contact point)
- Un-even split steps
- Cheating recovery position
- Sliding (time with stroke)
- Serve: knee bend, land inside the court, split step behind the baseline
- Return: step-in, split step, step-in, emphasising taking the ball out in front (early)