

Jeff Salzenstein's

1 HAND BACKHAND SOLUTION



Quickstart Checklist

Tennis Backhand Solution

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The information in this manual is offered for educational purposes only; the reader should be cautioned that there is an inherent risk assumed by the participant with any form of physical activity. With that in mind, those participating in physical training and sports activities should check with their physician prior to initiating such activities. Anyone participating in these activities should understand that such training initiatives may be dangerous if performed incorrectly, and may not be appropriate for everyone. The author assumes no liability for injury; this is purely an educational manual to guide those already proficient with the demands of such programming.

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Program Quick Start Checklist

- ☐ Have you decided which module you will watch first?
- ☐ Have you decided if you think you require more technical or footwork help?
- ☐ Have you filled out the one handed backhand evaluation?
- ☐ Have you listed each step you will master to improve your one handed backhand?
- ☐ After watching any of the lessons, 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 shadows wings? 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 is 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 notecards in your racquet bag?
- ☐ Do you have an extra copy of your notecards at home?
- ☐ Did you plan out your weekly off court exercise schedule based on your daily (morning, lunchtime, 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 one handed backhand.