

Jeff Salzenstein's

1 HAND BACKHAND SOLUTION



Success Log

Tennis Backhand Solution

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1HBH Solution Success Log Introduction

Do you think it's really important to keep a daily or weekly tennis log? It can be one of the most powerful activities you can do for yourself to ensure tennis success. Players who make the effort to record their daily and weekly progress ultimately improve at a faster rate.

You will have more success with the 1 Hand Backhand Solution when you log your progress on a consistent basis. You do not have to record daily information forever, just in the beginning to kick start the program and to see what it will take for you to improve your one handed backhand. However, tracking your daily and weekly progress can help you keep your laser like focus on your goals.

Consistent journaling will help you learn about your one handed backhand and your tennis game. You will develop a better sense of what it will take to make positive changes.

You will discover what is working and what can change for the better.

When you get started with this program, it is important to log every practice session and all the drills performed. After going through the program for six weeks, you can take less notes if you feel you have developed solid habits and understand what is required daily to improve your one handed back hand. After six weeks you will have a clear idea which drills and tips work best for your progress.

You might even get to the point where you stop journaling after several months because you have the program that works for you down pat. If you feel you might be struggling again with your one handed backhand, feel free to go back and record your daily one handed backhand practices to help you get back on track again.

This 1 Hand Backhand Solution Log is comprised of 6 weeks. Feel free to print your log out and put in a binder. Take your log on the court with you to review if necessary.

The first few weeks are the most crucial time to write down your daily program. Do not skip this important time to evaluate your progress..

The 1 Hand Backhand Solution Package gives you all the tools required to develop a great one handed backhand. All you have to do is get focused on the key concepts you want to improve. Pay special attention to what is working and what is not working for you.

Use your log as a place to ask questions about challenges you may be having with your one handed backhand. Often, when you ask questions, the right answers will come. Through this powerful process, you will learn to become your own coach with the 1 Hand Backhand Solution as your guide.

Eventually, the program will become second nature after solid, focused, and dedicated practice. You will have some good days and some not so good days. That is part of the learning process so stick with it, and stay positive.

Each log sheet should be dated and include the desired information specified.

Focusing your attention on each aspect detailed in the log sheets will help you track your improvement. You will discover what works and what doesn't work for you after you get in the groove.

Enjoy the going through the 6 Week Success Log. I am really looking forward to hearing about your progress.

Sample 1HBH Solution Log

Date: 2/26/14

3 Things I Love About My One Handed Backhand

1. I love that my one handed backhand is a weapon.
2. I love that I can hit every different spin and pace with my one handed backhand.
3. I love that opponents don't like hitting to my one handed backhand.

3 Things I Want To Improve With My One Handed Backhand

1. I want to be able to hit angle passing shots low over the net consistently.
2. I want to be able to handle short one handed backhands better.
3. I want to be able to handle deep, high balls to my one handed backhand.

3 Positive One Handed Backhand Affirmations

1. I love my one handed backhand, because I can hit line drives, angles, and high balls.
2. I am so grateful that I have a great one handed backhand because I can hit it well from the center of the court.
3. I am so joyful that I have a world-class one handed backhand, because I always have a wide base at the end of the shot.

Sample Weekly Tennis Log

Date	Day	Time	Ball Tossing	Ball Machine	Live Ball	Set/Match	Hitting Partner	Notes
16-Nov	Monday AM	9:00 AM	Yes – 20 min	No	Yes – 1 hr	No	Jonathan	more 1HBH going in net
	Monday PM	3:00 PM	No	No	No	Yes	Jonathan	6-4, 3-6, 1HBH didn't feel right
17-Nov	Tuesday AM	10	No	Yes	No	No		practiced straight arm finish
	Tuesday PM	2	No	No	Yes – 30 min	Yes – 1 set	James	1HBH better – held finish
18-Nov	Wednesday AM	OFF						
	Wednesday PM	OFF						did shadow strokes – 20 min
19-Nov	Thursday AM	11	No	No	Yes – 30 min	Yes	Michael	1HBH felt good, relaxed
	Thursday PM	2	Yes – 30 min	No	Yes – 1 hr	No	James	High 1HBH not as good
20-Nov	Friday AM	10	Yes – 15 min	No	Yes – 1 hr	No	Jonathan	1HBH flying long a bit
	Friday PM	OFF						
21-Nov	Saturday AM	10	No	No	No	Yes	Michael	practiced holding the finish
	Saturday PM	2	No	Yes	No	No		practiced holding the finish
22-Nov	Sunday AM	10	Yes – 20 min		Yes		Mic	1 HBH drive working
	Sunday PM							

Notes For Today: I played well today. I practiced my one handed backhand on the ball machine. I worked on stepping in and holding the racquet. It worked really well. The only time I missed was when I did not have a good target or when I looked up too soon to see where the ball went. I did a great job of keeping my head at contact once I noticed I was peeking too much.

My Biggest Accomplishment Today: I am so excited that I really focused on holding the finish on every one handed backhand. Even when I wanted to win the point, I was playing against my opponent, I stayed with the simple cue of holding the finish. Usually I get distracted and want to win the point and stop holding the finish catching but not today.

What I Learned Today: If I hold the finish and have a clear target, my one handed backhand is amazing. It is really that easy when I stay committed to the task and avoid all the other distractions that comes up on court.

Week In Review

My biggest accomplishments this week (best practice day and why).

My biggest accomplishment this week was winning a set, and being in position to win against a very good player named David. I proved to myself that I am better than these guys, and that I can beat them.

What I learned this week.

I learned that I need to keep my arm straighter at the finish on my one handed backhand; especially when I get nervous. I really need to work on making an early first move in tie breakers.

Challenges I encountered this week.

My challenges were that my one handed backhand was flying long, and I could not always figure out how to fix it.

Action steps I will take next week.

I will continue to practice my one handed backhand, focusing on proper technique, especially holding the finish. I will play practice matches, and work on things that I practiced during lessons. I will work on playing more through the middle with my one handed backhand.

My goals for next week.

My goals for next week are to hold the finish on every one handed backhand, and to be aware of how loose my hand and arm are.

Practice partners lined up for next week.

Jimmy
Jeff
Joey

1 Hand Backhand Solution Log Update

Date:

3 Things I Love About My One Handed Backhand Now

1.

2.

3.

3 Things I Want To Improve With My One Handed Backhand

1.

2.

3.

3 New Positive One Handed Backhand Affirmations

1.

2.

3.

Week 1 Tennis Log

Date	Day	Time	Ball Tossing	Ball Machine	Live Ball	Set/Match	Hitting Partner	Notes
	Monday AM							
	Monday PM							
	Tuesday AM							
	Tuesday PM							
	Wednesday AM							
	Wednesday PM							
	Thursday AM							
	Thursday PM							
	Friday AM							
	Friday PM							
	Saturday AM							
	Saturday PM							
	Sunday AM							
	Sunday PM							

Notes For Today:

My Biggest Accomplishment Today:

What I Learned Today:

Week In Review

My biggest accomplishments this week (best practice day and why).

What I learned this week.

Challenges I encountered this week.

Action steps I will take next week.

My goals for next week.

Practice partners lined up for next week.

Week 2 Tennis Log

Date	Day	Time	Ball Tossing	Ball Machine	Live Ball	Set/Match	Hitting Partner	Notes
	Monday AM							
	Monday PM							
	Tuesday AM							
	Tuesday PM							
	Wednesday AM							
	Wednesday PM							
	Thursday AM							
	Thursday PM							
	Friday AM							
	Friday PM							
	Saturday AM							
	Saturday PM							
	Sunday AM							
	Sunday PM							

Notes For Today:

My Biggest Accomplishment Today:

What I Learned Today:

Week In Review

My biggest accomplishments this week (best practice day and why).

What I learned this week.

Challenges I encountered this week.

Action steps I will take next week.

My goals for next week.

Practice partners lined up for next week.

Week 3 Tennis Log

Date	Day	Time	Ball Tossing	Ball Machine	Live Ball	Set/Match	Hitting Partner	Notes
	Monday	AM						
	Monday	PM						
	Tuesday	AM						
	Tuesday	PM						
	Wednesday	AM						
	Wednesday	PM						
	Thursday	AM						
	Thursday	PM						
	Friday	AM						
	Friday	PM						
	Saturday	AM						
	Saturday	PM						
	Sunday	AM						
	Sunday	PM						

Notes For Today:

My Biggest Accomplishment Today:

What I Learned Today:

Week In Review

My biggest accomplishments this week (best practice day and why).

What I learned this week.

Challenges I encountered this week.

Action steps I will take next week.

My goals for next week.

Practice partners lined up for next week.

Week 4 Tennis Log

Date	Day	Time	Ball Tossing	Ball Machine	Live Ball	Set/Match	Hitting Partner	Notes
	Monday AM							
	Monday PM							
	Tuesday AM							
	Tuesday PM							
	Wednesday AM							
	Wednesday PM							
	Thursday AM							
	Thursday PM							
	Friday AM							
	Friday PM							
	Saturday AM							
	Saturday PM							
	Sunday AM							
	Sunday PM							

Notes For Today:

My Biggest Accomplishment Today:

What I Learned Today:

Week In Review

My biggest accomplishments this week (best practice day and why).

What I learned this week.

Challenges I encountered this week.

Action steps I will take next week.

My goals for next week.

Practice partners lined up for next week.

Week 5 Tennis Log

Date	Day	Time	Ball Tossing	Ball Machine	Live Ball	Set/Match	Hitting Partner	Notes
	Monday AM							
	Monday PM							
	Tuesday AM							
	Tuesday PM							
	Wednesday AM							
	Wednesday PM							
	Thursday AM							
	Thursday PM							
	Friday AM							
	Friday PM							
	Saturday AM							
	Saturday PM							
	Sunday AM							
	Sunday PM							

Notes For Today:

My Biggest Accomplishment Today:

What I Learned Today:

Week In Review

My biggest accomplishments this week (best practice day and why).

What I learned this week.

Challenges I encountered this week.

Action steps I will take next week.

My goals for next week.

Practice partners lined up for next week.

Week 6 Tennis Log

Date	Day	Time	Ball Tossing	Ball Machine	Live Ball	Set/Match	Hitting Partner	Notes
	Monday AM							
	Monday PM							
	Tuesday AM							
	Tuesday PM							
	Wednesday AM							
	Wednesday PM							
	Thursday AM							
	Thursday PM							
	Friday AM							
	Friday PM							
	Saturday AM							
	Saturday PM							
	Sunday AM							
	Sunday PM							

Notes For Today:

My Biggest Accomplishment Today:

What I Learned Today

Week In Review

My biggest accomplishments this week (best practice day and why).

What I learned this week.

Challenges I encountered this week.

Action steps I will take next week.

My goals for next week.

Practice partners lined up for next week.

1 Hand Backhand Solution Log Update

Date:

3 Things I Love About My One Handed Backhand Now

1.

2.

3.

3 Things I Want To Improve With My One Handed Backhand

1.

2.

3.

3 New Positive One Handed Backhand Affirmations

1.

2.

3.