

# **Footwork The Bailey Method**

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Footwork The Bailey Method Dave Bailey has spent literally thousands of hours studying professional tennis players in action. He has analysed every aspect and detail of their movement on court. With this unparalleled insight, he has developed the most comprehensive tennis footwork and movement training program available in the world today. Find out more. Bailey Tennis Footwork - Home of The Bailey Method Tennis ... The Bailey Method is a unique and dynamic approach to teaching tennis footwork, movement and balance. It teaches you how to get ready on the balls of your feet, read an approaching ball, react with your feet and hitting stance, respond

with a contact move and recover to correct locations on the court. The Bailey Method Explained - Bailey Tennis Footwork Because this ball is easy to reach, many players will run around and hit a forehand instead of a backhand though this shot is a common two handed backhand shot, especially on the return of serve. Footwork - The Bailey Method Part 1 - Offensive Contact Moves. SET UP with a hitting stance . . . Neutral Stance. Footwork - The Bailey Method David Bailey of [www.thebaileymethod.com](http://www.thebaileymethod.com) demonstrates Tennis Footwork with Professional WTA players. Watch reaction, response and recovery from forehands, backhands, volleys, lobs and serves. The Bailey Method Tennis Footwork The Bailey Method Tennis Footwork The Bailey Method

Tennis Footwork by bairmeth 12 years ago 2 minutes, 36 seconds 60,151 views David , Bailey , Tennis , Footwork , Trainer and Coach Trains Players, Coaches and Children. On Forehand, Backhand, Serve, Volley, Pivoting on Your Groundstrokes to Hit Like the Pros Footwork The Bailey Method The Bailey Method is the most advanced and comprehensive tennis footwork training program in the world today. Globally, it is the only tennis training progra... Bailey Tennis Footwork - YouTube The Bailey Method puts a heavy emphasis on understanding the different types of footwork - attacking footwork, rally footwork and defensive footwork. Reading is also vitally important, meaning how a player reacts and responds to

certain balls on the court. The 5 R's That Will Make You a Better Mover | Dave Bailey ... Bailey Tennis Footwork - The Bailey Method - Duration: 1:54. Bailey Tennis Footwork 434 views. 1:54. 10 Greatest Signature Moves In NBA History! - Duration: 12:31. Andy Hoops Recommended for you. David Bailey Footwork Demo(cropped video) <http://thebaileymethod.com/> Tennis tips videos most common questions. Topics discussed volley footwork, when to split step what The Worlds No1 tennis Coach Ni... Tennis Tips Part two from The Bailey Method with David ... Footwork The Bailey Method Footwork The Bailey Method Footwork - The Bailey Method find out more about The Bailey Method,

visit [www.thebaileymethod.com](http://www.thebaileymethod.com)

Footwork - The Bailey Method Part 1

- Offensive Contact Moves Without

a doubt, tennis is an extremely

athletic sport In 2006, Roger

Federer said, "My game is all about

footwork If I move [Book] Footwork

The Bailey Method Inventor of The

Bailey Method - A unique teaching

method, built around a newly

defined language, that incorporates

various multi-directional footwork,

movement, balance and shot

selection skills for tennis players.

The Method is taught whilst hitting

balls on the tennis court to targets

that progressively get more

challenging. David Bailey - Home of

The Bailey Method Tennis Footwork

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