

Footwork Training Guide

Level: Beginner to Advanced

Purpose: Improve your tennis movement, build speed, and move like a champion.

What is Footwork?

Footwork means how you move your feet on the tennis court.

It's not just about running fast – it's about staying balanced, reacting quickly, and getting to the ball on time.

A great shot starts with your feet.

Why Is Footwork Important?

- Helps you reach the ball earlier
- Keeps you balanced while hitting
- Lets you recover faster for the next shot
- Makes you look (and move) like a pro

Even the best players in the world train their footwork every day.

Golden Footwork Tips

- Always do a split step before your opponent hits
- Stay on your toes and keep moving
- Return to the center after every shot
- Bend your knees and stay low to move faster

20 Footwork Drills (Beginner to Advanced)

Beginner Level – Build the Basics

1. Split Step Drill

Learn the small jump before your opponent hits to stay reactive and springy.

2. Prep-Step Drill

Practice small adjustment steps to get in perfect position for each shot.

3. Side Shuffle + Recovery

Shuffle to the side, stop, then recover to the center. Core lateral movement drill.

4. In-and-Out Ladder Drill

Both feet in a box, then both out—great for quick feet and rhythm.

5. One-Step Ladder Drill

Step through the ladder one foot at a time, focusing on posture and timing.

● Intermediate Level – Speed & Direction

1. **Fast-Feet Ladder Drill**
Run fast through ladder alternating steps. Builds explosive foot speed.
2. **Side-Step Ladder Drill**
Side shuffle through each box. Great for lateral court coverage.
3. **Icky Shuffle Ladder Drill**
In-in-out footwork. Teaches quick transitions left and right.
4. **Side Hop Ladder Drill**
Hop both feet in and out. Trains explosive power and rhythm.
5. **Zig-Zag Cone Weaving**
Set up cones in a zig-zag and weave through. Works on changes of direction.

● Advanced Level – Reaction & Challenge

1. **Spider Run Drill**
Place balls in 5 court spots. Sprint to each and return to the center.
2. **Hexagon Footwork Drill**
Jump around a hexagon shape—front, side, back—great for coordination.
3. **T-Drill (Cone Drill)**
Sprint forward, side shuffle left/right, backpedal. Covers all court movement.
4. **Figure-8 Cone Drill**
Move continuously around 2 cones in a figure 8. Enhances change of direction.
5. **Partner Direction Call**
Have a partner shout directions (left/right/front/back) as you move instantly.

● Match-Style Footwork (Game-Ready)

1. **Cone Touch Reaction Drill**
Place scattered cones—partner calls color or number, you react and tap it.
2. **Offensive Transition Drill**
Start at baseline, move to net, hit simulated volleys, and recover. Great for rallies.
3. **Random Feed Drill**
Partner feeds balls left/right/short/deep—react, split, hit, recover.
4. **Shadow Rally Under Fatigue**
Mimic strokes and movement patterns under tired conditions. Builds endurance.
5. **Ladder + Ball Toss Drill**
Combine ladder footwork with catching or tossing a ball to challenge the mind and feet.

🧠 Training Plan Tips

- Start with 5–10 mins footwork as a warm-up before hitting
- Use cones, lines, or ladders for drills
- Practice 2–3× per week consistently
- Record yourself to track progress
- Combine with match play and recovery routines

Footwork Mantra

"If your feet arrive well, your shot will be better."

Move with intention. Train your feet. The rest will follow.

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