

Jeff Salzenstein's

# THE BUGGY WHIP BLUEPRINT



Buggy Whip Evaluation

The Buggy Whip Blueprint

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For more information or if you have any questions please contact:

email: [info@JeffSalzensteinTennis.com](mailto:info@JeffSalzensteinTennis.com)

website: <http://www.JeffSalzensteinTennis.com>

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# Buggy Whip Blueprint Evaluation

## Pre-Program Buggy Whip Score

Rate Each Area On A Scale From **1– 10**  
(**1** = Needs A Lot Of Work, **10** = I Hit My Buggy Like Nadal And Sampras)

Add A Number To Each Area Before You Begin The BWB Program

Buggy Whip Overall \_\_\_\_\_

Technique \_\_\_\_\_

Footwork \_\_\_\_\_

Balance \_\_\_\_\_

Consistency \_\_\_\_\_

Power \_\_\_\_\_

Confidence \_\_\_\_\_

**Total Score** \_\_\_\_\_

# Buggy Whip Blueprint Evaluation

List what you do well with your buggy whip.

What would like to improve with your buggy whip?

What gives you the most challenges with your buggy whip?

Do you want more spin or more drive on your buggy whip?

What are your goals? Short term? Long term?

# Buggy Whip Blueprint Evaluation

## Pre-Program Buggy Whip Score

Rate Each Area On A Scale From **1– 10**  
(**1** =Needs A Lot Of Work, **10** = Federer's Buggy Can't Touch Mine☺)

Add A Number To Each Area Before You Begin The BWB Program

Buggy Whip Overall \_\_\_\_\_

Technique \_\_\_\_\_

Footwork \_\_\_\_\_

Balance \_\_\_\_\_

Consistency \_\_\_\_\_

Power \_\_\_\_\_

Confidence \_\_\_\_\_

**Total Score** \_\_\_\_\_

# Buggy Whip Blueprint Evaluation

List what you are doing well with your buggy whip now.

What did you improve with your buggy whip?

What areas are giving you the most challenges with your buggy whip now?

In the next 6 weeks, will you work on adding more spin or drive to your buggy whip?

What are your new goals? Short term? Long term?