

Jeff Salzenstein's

**THE BUGGY**

**WHIP**

**BLUEPRINT**



Quickstart Checklist

**The Buggy Whip Blueprint**

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## Program Quickstart 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 buggy whip evaluation?
- Have you listed how you'll master to improve your buggy whip ?
- 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 shadow swings? 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 in 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 of fall the items on this list? If so, congratulations, you're ready to experience incredible results with your buggy whip forehand.