

Jeff Salzenstein's

**THE BUGGY**

**WHIP**

**BLUEPRINT**



Success Log

**The Buggy Whip Blueprint**

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## **Buggy Whip Blueprint Success Log**

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 Buggy Whip Blueprint 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 buggy whip. 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 buggy whip 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 buggy whip. 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 buggy whip, feel free to go back and record your daily buggy whip practices to help you get back on track again.

This Buggy Whip Blueprint Log is comprised of six 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 Buggy Whip Blueprint Package gives you all the tools required to develop a great buggy whip. 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 buggy whip. Often times, when you ask questions, the right answers will come to you. Through this powerful process, you will learn to become your own coach with the Buggy Whip Blueprint 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 Buggy Whip Blueprint Log**

Date: 6/13/14

### **3 Things I Love About My Buggy Whip**

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

### **3 Things I Want To Improve With My Buggy Whip**

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 buggy whips better.
3. I want to be able to handle deep, high balls to my buggy whip.

### **3 Positive Buggy Whip Affirmations**

1. I love my buggy whip, because I can hit line drives, angles, and high balls.
2. I am so grateful that I have a great buggy whip because I can hit it well from the center of the court.
3. I am so joyful that I have a world-class buggy whip, 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-Jun	Monday AM	9:00 AM	Yes – 20 min	No	Yes – 1 hr	No	Jonathan	more buggy whips going in net
	Monday PM	3:00 PM	No	No	No	Yes	Jonathan	6-4, 3-6, buggy whip didn't feel right
17-Jun	Tuesday AM	10	No	Yes	No	No		practiced holding the finish
	Tuesday PM	2	No	No	Yes – 30 min	Yes – 1 set	James	buggy whip better – held finish
18-Jun	Wednesday AM	OFF						
	Wednesday PM	OFF						did shadow strokes – 10 min
19-Jun	Thursday AM	11	No	No	Yes – 30 min	Yes	Michael	buggy whip felt good, relaxed
	Thursday PM	2	Yes – 30 min	No	Yes – 1 hr	No	James	open stance buggy whip not as good
20-Jun	Friday AM	10	Yes – 15 min	No	Yes – 1 hr	No	Jonathan	buggy whip flying long a bit
	Friday PM	OFF						
21-Jun	Saturday AM	10	No	No	No	Yes	Michael	practiced holding the finish
	Saturday PM	2	No	Yes	No	No		practiced holding the finish
22-Jun	Sunday AM	10	Yes – 20 min		Yes		Mic	buggy whip drive working
	Sunday PM							

**Notes For Today:** I played well today. I practiced my buggy whip on the ball machine. I worked on open stance and keeping hand high and in front. It worked really well. The only time I missed was when I did not have a good target or if I pulled off the ball. I did a great job of holding my finish once I noticed that I was pulling off the ball.

**My Biggest Accomplishment Today:** I am so excited that I really focused on holding a finish on every buggy whip forehand. Even when I wanted to win the point I was playing against my opponent, I stayed with the simple cue of holding a finish. Usually I get distracted and want to and pull off the ball but not today.

**What I Learned Today:** If I hold the finish and have a clear target my buggy whip forehand is amazing. It is really that easy when I stay committed to the task and avoid all the other distractions that come 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 hand in front on my buggy whip, especially when I get nervous. I really need to work on holding my finish in tie breakers.

### **Challenges I encountered this week.**

My challenges were that my buggy whip 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 buggy whip, focusing on proper technique, especially holding a finish with the hand in front. 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 buggy whip.

### **My goals for next week.**

My goals for next week are to hold the finish on every buggy whip, and be aware if I pull off the ball too fast.

### **Practice partners lined up for next week.**

Jimmy  
Jeff  
Joey



# The Buggy Whip Blueprint Log

Date:

## 3 Things I Love About My Buggy Whip

1.

2.

3.

## 3 Things I Want To Improve With My Buggy Whip

1.

2.

3.

## 3 Positive Buggy Whip 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.**

# The Buggy Whip Blueprint Log Update

Date:

## 3 Things I Love About My Buggy Whip Now

1.

2.

3.

## 3 Things I Learned From The Buggy Whip Blueprint

1.

2.

3.

## 3 New Positive Buggy Whip Affirmations

1.

2.

3.