

Joe Arias
Ready Position Drill

Tennis is played from the ground up.
We will start with how you place your feet:
Place your racquet on floor in front of you.
Place your feet on each side of the racquet head.
This is the position your feet should be in for a ready position.

Let go to handling your racquet:
In order to learn you have to listen.
The following way to listen to your coach with your racquet in hand:
We call this the "Listening Stance".
Pick up your racquet ,hold the racquet head with both hands and hug your racquet.
Now your feet are separate and you are hugging your racquet.

Let's practice the Listening Stance:
Hug your racquet and put your feet together.
When I say go, jump and separate your feet.
Go!
You should land in the Listening Stance.

The Ready Position is the most important position in tennis. If you are not in the Ready Position, you're not ...READY!

Hold your racquet by the neck and line it up with your nose.
Shake hands with the racquet at the bottom of the grip just above the butt cap.
Separate your feet and hold the racquet with the butt of the racquet waist height.
This is the Ready Stance.
But being in the Ready Stance doesn't help unless you are actually READY.
If you are not in the Ready Position you're not... READY!

So let's practice:
Holding your racquet in the Ready Stance put your feet together.
When I say Go, jump and separate your feet.
Go!
You are now in the Ready Position.
Let's do it again.

Now let's test your Ready Position.
Put your feet together and hug your racquet.
When I say Go, jump and get in your Ready Position.
Go!
Good but we can do better. Let's try it again.
Get in your Listening Stance and put your feet together.
When I say Go, jump and get in your Ready Position.
Go!
Now you are in the Ready Position.
Remember, if you are not in the Ready Position, You're not ...READY!