

GNK Ghosting Segments

Name: Ghosting Segment	Timed				Repetition				Notes
	30sec	45sec	60sec	90sec	8	10	12	16	
front left									3 or 4 step mvmt, LL, full swing, 4 or 5 steps back
front right									3 or 4 step mvmt, LR, full swing, 4 or 5 steps back
mid left									2 step, LL, TR, full swing, 2 steps back to T, SS, SV,
mid left off foot									2 step,LR, TL, full swing, 2 steps back to T, SS, SV,
mid right									2 step, LR, TL, full swing, 2 steps back to T, SS, SV,
mid right off foot									2 step, LL, TR, full swing, 2 steps back to T, SS, SV,
back right									4 step, DSR, turn hips left step and LR, TL, full
back right-off foot									3 step, DSR, turn hips left step and LR, full swing
back left									4 step, DSL, turn hips right step and LL, TR, full
back left-off foot									3 step-DSL, turn hips right step and LL, full swing
front left-mid left									combined 3/4 step FC with transition thru T to a 2
front left-back left									combined 3/4 step FC with transition thru T to a 2
front left-mid right									combined 3/4 step FC with transition thru T to a 3
front left-back right									combined 3/4 step FC with transition thru T to a 3
front right-mid right									combined 3/4 step FC with transition thru T to a 2
front right-back right									combined 3/4 step FC with transition thru T to a 3
front right- mid left									combined 3/4 step FC with transition thru T to a 2
front right- back left									combined 3/4 step FC with transition thru T to a 3
front left-front right									combined 3/4 step FC with transition thru T to a
mid left-mid right									combined 2 steps MC thru T to 2 steps MC
back left- back right									combined 3/4 step BC with transition thru T to a

Key

Front Court	FC
Mid Court	MC
Back Court	BC
unit load left(LL)-	Racquet prep in concert with non dominant left foot before weight transfer into shot
unit load right(LR)-	Racquet prep in concert with non dominant right foot before weight transfer into shot
transfer left(TL)-	Moving weight from your load right foot to the lunging left foot
transfer right(TR)-	Moving weight from your load left foot to the lunging right foot
Shot Variety(SV)-	Ghosting can be varied to include drops, volleys and drives.(All can be done straight and cross court)
Split Step(SS)-	Used to time movement off opponents ball strike
Drop Step(DS)-right(R), left(L)	Used from the T moving backwards, Non dominant foot steps towards backwall, Racquet prep should coordinate with DS
Watch/Visualize(W)-	More advanced movers can incorporate watching and imaginary shot off front wall to start ghosting segment

Progressions

split steps can be incorporated into all movements, advanced split steps can be intergrated to create push and pull from the first movement into the ghost

drop steps should start all backward movement and used through transtions from mid and front court

racquet work and swing mechanics incorporated in the ghosting segments: take-back lengths, contact point variance to shot type, racquet face angles, follow through types are all important practice points

beginner-advanced, start with basic movements first, walking or slow movements make it easier to establish the correct feeling, add advanced split steps, swing thoughts, visualization and shot types after movements feel natural

segment combinations with 2 FC, 2 MC and 2 BC segments(court can be segmented for more ghosting stations) , players can add additional segments to work on

recovery can be time or heart rate based and should be monitored by beginners to advanced players to optimize session performance

speed vs execution, depending on your fitness regime and goals, speed can be added or subtracted with interval lengths to work different aerobic systems

T recovery (light side vs shadow side), ghosting requires focus going to the ball or(light side) and recovery back to the T or(shadow side), incorporating repetitions that focus on T recovery optimize session performance

T position adjustments relative to shots, positioning changes after a straight drive vs cross court drive, weak shots vs tight shots , advanced players can incorporate T recovery position adjustments into ghosting segments to maximize session

shot sequencing, combination segments can be used for shot sequencing and recovery points on the T

interval duration, interval length can vary by level and fitness level, starting with shorter intervals and longer rest times will ensure higher quality, as fitness and movement

ghost building, break your ghosting into parts from the macro: footwork, body coordination, racquet work, enhance with combinations, split steps, shot types, speed/endurance, shadow side work, T adjustments, and shot sequencing

ghost goals, setting weekly goals are a great way to start improving your movement, simple is better , we use a calendar to mark days, segment types and times, we also try to vary recovery between ghosting, good luck!!

