


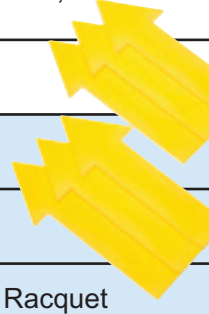


# Quick Fix STROKE GUIDE

	<b>problem</b>	<b>solution</b>
<b>topspin forehand</b> 	needs to learn topspin	Path Guide, Spin Doctor
	late preparation	Tac-Tic Wrist Trainer
	needs to hit more cleanly	Contact Doctor, Easy Catch Racquet
	needs more upper body rotation	Forehand Fixer, Forehand Rotator, Swivel Disks
	not getting under ball enough	Flex Trainer, Path Guide
	too tense and tight	Grip Loose, Snap Racquet, Swing Strips, Wrist Racquet
<b>slice backhand</b> 	timing and rhythm problems	Backhand Fixer
	lack of directional control	Direction Doctor, Path Guide, Volley Arrow
	swinging around too much	Path Guide, Volley Arrow
	droopy wrist at finish	Angle Doctor, Volley Doctor
<b>topspin backhand</b>	needs more racquet speed	Grip Loose, Snap Racquet
	not enough topspin	Path Guide, Spin Doctor
	too much arm, too little body	Grip Loose, Swivel Disks
<b>serve</b> 	needs to hit more cleanly	Contact Doctor, Easy Catch Racquet
	throwing motion needs work	Serving Sock, Swing Strips, Tennis Football, Swivel Disks
	trouble controlling toss	Toss Doctor, Toss Trainer
	not loading enough in legs	Tac-Tic Knee Trainer
	grip problems	Grip Doctor, Grip Loose
	not extending to contact	Fence Trainer, Serve Doctor, Tac-Tic Elbow Trainer
	trouble splitting hands at start	Path Guide
	tight wrist at contact	Grip Loose, Tac-Tic Wrist Trainer, Wrist Racquet
<b>return of serve</b> 	lack of spin	Grip Loose, Spin Doctor
	backswing too big	Arm Pocket Developer
	not moving forwards into ball	Long Arrows
	slow to find solid contact	Contact Doctor, Easy Catch Racquet

# Quick Fix STROKE GUIDE

	<b>problem</b>	<b>solution</b>
<b>volley</b> 	swinging too much	Volley Arrow, Path Guide
	chopping down on volleys	Angle Doctor, Path Guide, Snap Racquet, Volley Doctor
	lack of touch and control	Easy Catch Racquet, Grip Loose
	late presenting the racquet face	Tac-Tic Wrist Trainer
	slapping at volley	Easy Catch Racquet, Path Guide
	straightening arm	Tac Tic Elbow Trainer
<b>overhead</b> 	backhand volley timing & strength	Angle Doctor, Backhand Fixer
	droopy wrist	Angle Doctor, Volley Doctor
	not snapping wrist	Grip Loose, Tac-Tic Wrist Trainer
<b>movement</b> 	trouble finding contact point	Contact Doctor, Easy Catch Racquet, Fence Trainer, Serve Doctor
	grip problems	Grip Doctor, Grip Loose
	not extending to contact	Tac-Tic Elbow Trainer, Fence Trainer
	not bending enough to hit	Flex Trainer, Tac-Tic Knee Trainer
	lack of acceleration	Flex Trainer, Power Resist System
	first step too slow	Flex Trainer, Power Resist System
	slow footwork	Contact Trainer, SportLadder
	recovery shuffle too slow	Lateral Resistor, Power Resist System
<b>miscellaneous</b> 	not closing in to volley	Long Arrows, Power Resist System
	split step not precise	Quick Feet Donuts
	hitting in the net too much	Airzone, Mini Airzone, Netzone
	not enough net clearance	Airzone, Mini Airzone
	trouble making decisions	Numbered Cones
	swing length problems	Path Guide
	needs more racquet speed	Grip Loose, Snap Racquet, Swing Strips Wrist Racquet
grip problems	Grip Loose, Grip Doctor	