



# QUICK FIX STROKE GUIDE

<b>topspin forehand</b> <i>(solutions listed also apply to two-handed backhands)</i>	needs to learn topspin	Path Guide, Spin Doctor
	late preparation	Tac-Tic Wrist Trainer
	too tense and tight	Grip Loose, Snap Racquet, Swing Strips, Wrist Racquet
	needs more upper body rotation	Forehand Fixer, Forehand Rotator, Swivel Disks
	not low enough to get "under" the ball	Flex Trainer, Path Guide
	needs to hit more cleanly	Contact Doctor, Easy Catch 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, Racket Bracket, Volley Doctor
	needs more racquet speed	Grip Loose, Snap Racquet
<b>topspin backhand</b> <i>(one-handed)</i>	not enough topspin	Path Guide, Spin Doctor
	too much arm, too little body	Grip Loose, Swivel Disks
	needs to hit more cleanly	Contact Doctor, Easy Catch Racquet
<b>serve</b>	trouble splitting hands at start	Path Guide
	trouble controlling toss	Toss Doctor, Toss Trainer
	not loading enough in knees	Tac-Tic Knee Trainer
	grip problems	Grip Doctor, Grip Loose
	not extending to contact	Fence Trainer, Serve Doctor, Tac-Tic Elbow Trainer
	tight wrist at contact	Grip Loose, Tac-Tic Wrist Trainer, Wrist Racquet
	throwing motion needs work	Serving Sock, Swing Strips, Tennis Football
	lack of spin	Grip Loose, Spin Doctor,
<b>return of serve</b>	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 directs you to solve specific problems. To locate the recommended products, just type the product name in the search function on this website.

<b>volley</b> 	chopping down on volleys	Angle Doctor, Path Guide, Snap Racquet, Volley Doctor
	swinging too much	Volley Arrow, Path Guide
	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, Racket Bracket
	straightening arm	Tac Tic Elbow Trainer
	backhand volley timing & strength	Angle Doctor, Backhand Fixer
	droopy wrist	Angle Doctor, Racket Bracket
<b>overhead</b>	not snapping wrist	Grip Loose, Tac-Tic Wrist Trainer
	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
<b>movement</b> 	not bending enough to hit	Flex Trainer, Tac-Tic Knee Trainer
	lack of acceleration	Power Resist System
	first step too slow	Quick Release Sprinter
	slow footwork	Contact Trainer, SportLadder
	recovery shuffle too slow	Lateral Resistor
	not closing in to volley	Long Arrows
<b>miscellaneous</b> <i>(most listed solutions in Target Systems Section)</i>	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, Wrist Racquet, Swing Strips
	grip problems	Grip Loose, Grip Doctor