

# QUICK FIX STROKE GUIDE

Problem ..... Solution .....

## topspin forehand

needs to learn topspin	Spin Doctor
late preparation	Tac-Tic Wrist Trainer, Perfect Pitch Rebounder
needs to hit more cleanly	Eye Coach
needs more upper body rotation	Forehand Rotator, Swivel Disks, Magnet Master
not getting under ball enough	Flex Trainer
too tense and tight	Whistling Vibration Dampener, Whistler Racquet, Snap Racquet, Swing Strips, Wrist Racquet, Whip Strips
timing and rhythm problems	Perfect Pitch Rebounder
grip problems	Start Rite Grip Trainer

## slice backhand

timing and rhythm problems	Magnet Master
lack of directional control	Volley Arrow
swinging around too much	Volley Arrow
droopy wrist at finish	Angle Doctor, Volley Doctor
needs more racquet speed	Snap Racquet
grip problems	Start Rite Grip Trainer

## topspin backhand

not enough topspin	Spin Doctor
too much arm, too little body	Swivel Disks
needs to hit more cleanly	Eye Coach
timing and rhythm problems	Perfect Pitch Rebounder
late preparation	Perfect Pitch Rebounder
too tense and tight	Whistling Vibration Dampener, Whistler Racquet, Whip Strips, Swing Strips, Snap Racquet
not getting under ball enough	Flex Trainer
grip problems	Start Rite Grip Trainer

## movement

not bending knees enough	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 Doctor, E-Z Grip Agility Ladder, Adjust-a-Hurde, Hexo Agility Ring Set
recovery shuffle too slow	Lateral Resistor, Power Resist System
not closing in to volley	Long Arrows, Power Resist System
split step not precise	Quick Feet Donuts, Big Feet Donuts

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## serve

throwing motion needs work	Serving Sock, Swing Strips, Swivel Disks, Tennis Football
trouble controlling toss	Toss Doctor, Toss Trainer, Toss Fixer
not loading enough in legs	Tac-Tic Knee Trainer
grip problems	Start Rite Grip Trainer
not extending to contact	Fence Trainer, Serve Doctor, Tac-Tic Elbow Trainer
tight wrist at contact	Tac-Tic Wrist Trainer, Wrist Racquet
lack of spin	Spin Doctor
trouble finding contact	Server Wand
too tense and tight	Whistling Vibration Dampener, Whistler Racquet, Snap Racquet, Whip Strips, Swing Strips
grip problems	Start Rite Grip Trainer

## return of serve

backswing too big	Arm Pocket Developer
not moving forward into ball	Long Arrows
slow to find solid contact	Contact Doctor
grip problems	Start Rite Grip Trainer

## volley

swinging too much	Volley Arrow
chopping down on volleys	Angle Doctor, Snap Racquet, Volley Doctor
lack of touch and control	Catching Racquet
late presenting the racquet face	Tac-Tic Wrist Trainer
slapping at volley	Catching Racquet
straightening arm	Tac Tic Elbow Trainer
backhand volley timing & strength	Angle Doctor
droopy wrist	Angle Doctor, Volley Doctor
grip problems	Start Rite Grip Trainer

## overhead

not snapping wrist	Tac-Tic Wrist Trainer
trouble finding contact point	Contact Doctor, Fence Trainer, Serve Doctor
grip problems	Start Rite Grip Trainer
not extending to contact	Tac-Tic Elbow Trainer, Fence Trainer
grip problems	Start Rite Grip Trainer

## miscellaneous

hitting in the net too much	Airzone, Mini Airzone, Travel Airzone, E-Z Airzone, Netzone
not enough net clearance	Airzone, Mini Airzone, Travel Airzone, E-Z Airzone
trouble making decisions	Numbered Cones
needs more racquet speed	Snap Racquet, Swing Strips, Wrist Racquet