

**INTRODUCTION:** Have you ever wondered what it feels like to hit with the whiplike action that the top pros experience on every shot? Now you can. The Wrist Racquet gives players a feel for the whiplike wrist action needed to generate fast racquet speeds for powerful groundstrokes and serves. While it's true that proper tennis technique comes from the whole body working like a unit, the final and most important link is the wrist. It's the same biomechanical principle used to pitch a baseball, throw a football, drive a golf ball, and even for slap shots in hockey. The Wrist Racquet hinge simulates what happens to the wrist on groundstrokes and serves. After a few swings, players gain a feel for the wrist and can integrate that movement much more easily into their own strokes. The Wrist Racquet works well for topspin groundstrokes, serves, overheads, and even defensive squash shots. If anyone remembers the "old days" when a firm wrist was advised on all tennis shots, those days are long past. As players improve, the goal is to accelerate the racquet head as much as possible. Can a relaxed and whiplike wrist also produce consistent shots? Yes, as long as a consistent swing alongside focus on solid contact is established.

**HOW TO USE:** Like any kinesthetic training aid, take 5-10 swings with the Wrist Racquet. Then with a regular racquet, try to duplicate with your own wrist the movement just felt through the hinge on the device. Once you get a feel for the wrist action with a racquet, start hitting some balls with a simple self-toss or bounce-hit. Then gradually move on to live ball hitting. If you ever need to reinforce the feeling of the wrist action through the Wrist Racquet, just repeat this progression. In all cases, use your normal grip and start with the ball of the Wrist Racquet more or less pointing towards the imaginary incoming ball. Or, in the case of the serve, have the ball on the Wrist Racquet point down as shown in the photo sequences.

**PLEASE READ CAREFULLY:** These instructions are a general guideline. Since each player will have a slightly different grip, the starting angle of the Wrist Racquet may vary slightly from these instructions. The main idea is to gain a better feel for the whiplike manner in which the wrist can accelerate the racquet head when properly engaged.

## TOPSPIN FOREHAND GROUNDSTROKE:



**#1 TURN POSITION:** Start in this position to simulate the initial shoulder turn and have the ball point forwards.

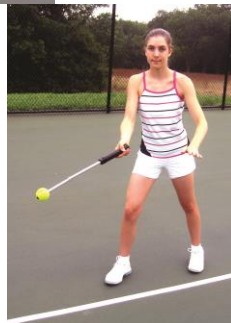


**#2 SET POSITION:** The paused racquet in this position would be up and the Wrist Racquet ball is still forwards in this position.



**#3 DROP POSITION:** This is the drop before the forwards continuous motion of the topspin swing. Do not pause in this position. Make this drop in one single quick and slightly whippy motion. In this position, the ball “whips” backwards.

**#4 CONTACT:** Here the ball whips forwards into contact to simulate the real tennis ball hit with the strings. In this position the Wrist Racquet is extended as shown.



**#5 FINISH:** The follow through finishes with the Wrist Racquet ball pointing downwards as shown. The right hand can finish over the left shoulder or across the left hip as shown.



## TWO-HANDED TOPSPIN BACKHAND GROUNDSTROKE:



**#1 TURN POSITION:** Start in this position to simulate the initial shoulder turn and have the ball point forwards on the hinge.



**#2 SET POSITION:** The paused racquet in this position would be up and the Wrist Racquet ball is still forwards on the hinge at this stage.



**#3 DROP POSITION:** This is step one in the continuous motion of the topspin swing. Do not pause in this position. Make this drop with a single quick and slightly whippy motion. In this position, the ball “whips” backwards.

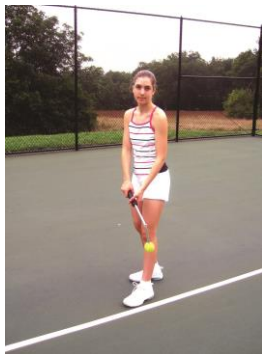
**#4 CONTACT:** Here the ball whips forwards into contact to simulate the real tennis ball hit with the strings. In this position the Wrist Racquet is extended as shown.



**#5 FINISH:** The follow through finishes with the Wrist Racquet ball pointing downwards as shown. Generally, the racquet finishes over the right shoulder for a right-handed player.



## SERVE, OVERHEAD, AND DEFENSIVE FOREHAND SQUASH SHOT:



**#1 START POSITION:** Start in this position to simulate the initial relaxation ritual before the start of the service motion.



**#2 SET POSITION:** This is the initial takeback on the serve. In this position there may be a slight pause and the ball is generally pointing down or forwards depending at least in part on your grip.



**#3 DROP POSITION:** This is step one in the continuous service motion. Do **not** pause in this position. Make this drop before the extension to contact with a single quick and slightly whippy motion. The ball snaps backwards and down.

**#4 CONTACT:** Here the ball whips to full extension into contact, simulating a regular serve. In this position the Wrist Racquet is extended.



**#5 FINISH:** The follow through finishes with the Wrist Racquet ball pointing downwards as shown. Generally, the racquet finishes outside the left ankle for a right handed player.

