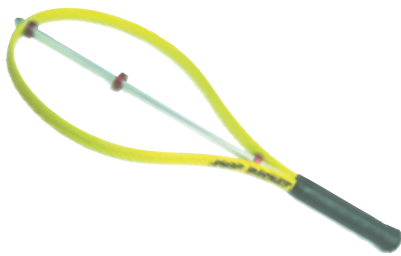


Quick Fix STROKE GUIDE

topspin forehand	problem	solution
	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
slice backhand	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
	needs more racquet speed	Grip Loose, Snap Racquet
topspin backhand	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
serve	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
	lack of spin	Grip Loose, Spin Doctor
return of serve	backswing too big	Arm Pocket Developer
	not moving forwards into ball	Long Arrows
	slow to find solid contact	Contact Doctor, Easy Catch Racquet



slice backhand



topspin backhand

serve

For more images, detailed instructions, and more than 100 video clips, PLEASE VISIT OncourtOffcourt.com

return of serve

Quick Fix STROKE GUIDE

<i>problem</i>	<i>solution</i>
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
backhand volley timing & strength	Angle Doctor, Backhand Fixer
droopy wrist	Angle Doctor, Volley Doctor
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, 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
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

volley

The Quick Fix Stroke Guide directs you to solve specific problems. However, some of our aids have so many benefits that you will also want to read the individual product descriptions as well..

overhead

See our Product Index on page 78 for page references.

movement



miscellaneous

