

Swivel Disks by Oncourt Offcourt

www.oncourtoffcourt.com

Swivel Disks contain dozens of steel ball bearings to ensure a smooth circular glide when rotating through a tennis groundstroke, throwing a baseball or football, or developing improved balance and core strength with a medicine ball. Whether swinging a tennis racket or throwing a football or baseball, there are two primary forces in effect.

Force #1: Linear ground forces are initiated by flexing the knees and loading force downwards to the ground. Players on Swivel Disks increase their linear loading sensation as they automatically bend their knees for improved balance.

Force #2: Angular or Rotational force comes from the rotation of the body core, hips and shoulders. The hitting or throwing arm is an extension of this core rotation. Swivel Disks help athletes more freely experience this rotational force.

SWIVEL DISK PROGRESSIONS FOR TENNIS

NOTE: Adapt these instructions to help athletes better throw a football, basketball, baseball, or even a discus in track events.

STEP #1: Stand on the Swivel Disks at a comfortable distance apart with knees bent for good balance. Then shadow swing a topspin forehand about 10 times. At first, the player may feel out of balance, but after a minute or two of swinging, they should feel more balanced, relaxed, and natural. Note that the stance should be semi-open or open stance position as pictured below.

STEP #2: Self-bounce and hit about 10 balls from the same balanced starting position. The player should let themselves relax and let the rotation flow as naturally as possible. If hitting a ball is too difficult, shadow swing more without a ball and then try again.

STEP #3: Have a partner or coach softly toss balls to the player on Swivel Disks. Note that feeding from across the net or rallying is not possible for the player standing on the Swivel Disks and should not be attempted.

STEP #4: Now it's time to try and translate the rotational feeling gained when using the Swivel disks to real play. First try self-bouncing and then move to rallying with a partner.



Topspin Forehand (left to right):
Preparation coil, contact, and full rotation through shot.

Swivel Disks help athletes develop a better feel for core body rotation for many sports, including basketball, baseball, football, or even fitness and core strength training with a medicine ball.

Note: Color of disks may vary.

