

## Quick Release Sprinter Tips:

The custom-designed Oncourt Offcourt Quick Release Sprinter is a breakthrough in speed and acceleration training. If you want to train players for quicker starts, this is the kinesthetic aid you need. The assist partner simply resists against the runner with one arm and on command pulls the blue "rip cord" with the other. It's easy and safe to use. The package includes a fully adjustable belt and web strap release system.

Here are a couple of exercises to try out before creating endless variations on your own. And, remember all of your exercises can be executed both without a racquet and with a racquet with actually hitting balls! Whether your goal is to have players explode into the net for serving and volleying, chasing down a dropshot, closing out a volley, or for improved recovery and movement on the baseline, the Quick Release Sprinter works wonders.

- **Resisted Let-go Sprint** - This exercise works on the key areas of proper sprinting form, leg strength, and stride length plus gives the athlete the feeling of tremendous acceleration at the let-go point. Have a partner hold back the designated runner with moderate resistance using the Quick Release Sprinter about 5 - 10 yards, with the runner leaning forward into a full pace sprint. Then the partner pulls the rip cord and have the runner sprint for another 10 - 20 yards working on driving forward after the release.
- **Lateral Resisted Let-go** - In addition to forward acceleration, tennis and many other sports demand dynamic lateral movement as well. To develop an explosive first lateral step to the ball, have a partner hold the runner back with moderate resistance using the Quick Release Sprinter while the runner shuffles from one doubles sideline to the center of the court. When he or she reaches the center, the partner releases them and the runner performs a step-out (a step with the outside foot) followed by a crossover step into a full sprint for 10 yards working on an explosive drive. This exercise simulates a player recovering from a deep and wide groundstroke and then moving to the next ball in the opposite corner.



