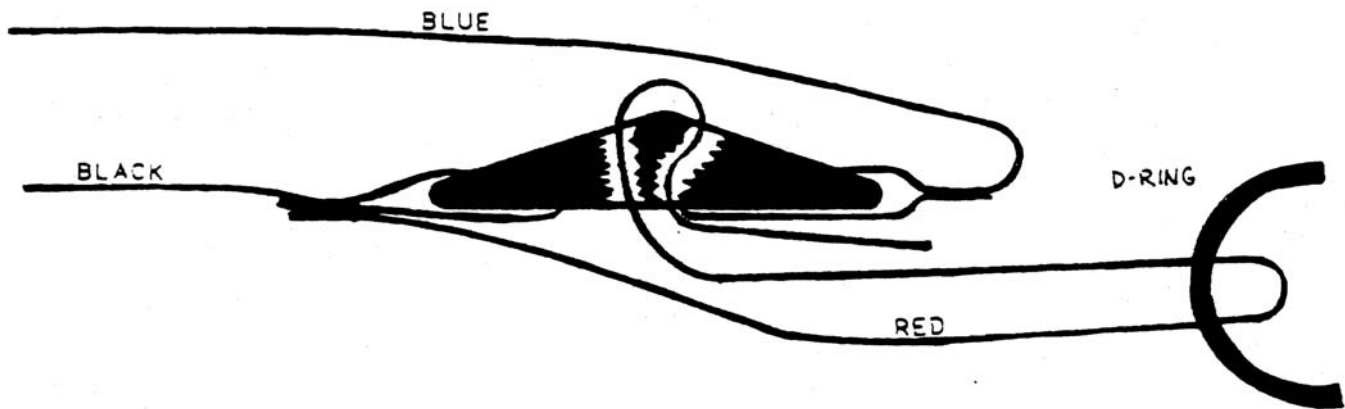


# Quick Release Sprinter™

In the following diagram, the sprinter would be to the right with the D-Ring around the Velcro belt. The assisting athlete would be to the left, holding the black handle firmly with one hand and the blue release strap very loosely with the other. To release the sprinter, simply pull the blue release strap, which causes the red connecting strap to release from the black clip.



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.

1. **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.
2. **Lateral Resisted Let-go** – In addition to forward acceleration, tennis and many other sports demand demands 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.

**NOTE: For more fitness exercises, try viewing the highly acclaimed Oncourt Offcourt DVD series “Explosive Tennis Training – 200 tennis-specific drills for fitness and fun.”**