



QUICK FIX STROKE GUIDE

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| topspin forehand <i>(solutions listed also apply to two-handed backhands)</i> | needs to learn topspin | Path Guide, Spin Doctor |
| | late preparation | Tac-Tic Wrist Trainer |
| | too tense and tight | Grip Loose, Snap Racquet, Swing Strips, Wrist Racquet |
| | needs more upper body rotation | Forehand Fixer, Forehand Rotator, Swivel Disks |
| | not low enough to get "under" the ball | Flex Trainer, Path Guide |
| | needs to hit more cleanly | Contact Doctor, Easy Catch 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, Racket Bracket, Volley Doctor |
| | needs more racquet speed | Grip Loose, Snap Racquet |
| topspin backhand <i>(one-handed)</i> | 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 | trouble splitting hands at start | Path Guide |
| | trouble controlling toss | Toss Doctor, Toss Trainer |
| | not loading enough in knees | Tac-Tic Knee Trainer |
| | grip problems | Grip Doctor, Grip Loose |
| | not extending to contact | Fence Trainer, Serve Doctor, Tac-Tic Elbow Trainer |
| | tight wrist at contact | Grip Loose, Tac-Tic Wrist Trainer, Wrist Racquet |
| | throwing motion needs work | Serving Sock, Swing Strips, Tennis Football |
| | 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 |

Quick Fix Stroke Guide directs you to solve specific problems. To locate the recommended products, just type the product name in the search function on this website.

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| volley  | chopping down on volleys | Angle Doctor, Path Guide, Snap Racquet, Volley Doctor |
| | swinging too much | Volley Arrow, Path Guide |
| | 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, Racket Bracket |
| | straightening arm | Tac Tic Elbow Trainer |
| | backhand volley timing & strength | Angle Doctor, Backhand Fixer |
| | droopy wrist | Angle Doctor, Racket Bracket |
| overhead | 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 |
| movement  | not bending enough to hit | Flex Trainer, Tac-Tic Knee Trainer |
| | lack of acceleration | Power Resist System |
| | first step too slow | Quick Release Sprinter |
| | slow footwork | Contact Trainer, SportLadder |
| | recovery shuffle too slow | Lateral Resistor |
| | not closing in to volley | Long Arrows |
| miscellaneous <i>(most listed solutions in Target Systems Section)</i> | 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, Wrist Racquet, Swing Strips |
| | grip problems | Grip Loose, Grip Doctor |