



The patent-pending **2-HOP** is a training aid many have dreamed about. For parents, coaches, and teaching pros who are tired of telling players to “Get on your toes” this training aid is PERFECT! Fits children’s shoe size 3 and larger. Designed by tennis professional Grant Rolley.

The **2-HOP** works easily. Just slide the two buzzing inserts into any pair of sneakers. There is a 2-second delay timer that allows players to actually step solidly to hit balls. It won’t “buzz” unless, of course, you don’t recover to get ready for the next shot. However, wait too long for a serve on your heels or stand still after any shot for more than 2 seconds and you’ll be reminded with an audible “buzz” plus you’ll feel a strong vibration inside your shoes !

Ideally players do not want to hear or feel any “buzz” at all. Use it when shadow-swinging, practicing on a ball machine, in a warm-up, or even for a handful of games. We recommend using it for between 3 and 15 minutes! Then just try and maintain the same “on your toes” feeling of movement without the **2-HOP** shoe inserts in place. Includes replaceable battery.

WRONG

RIGHT!

