

## **Doubles Tandem ™ Instructions**

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The Doubles Tandem is very easy to use and is designed to help two doubles players improve their ability to move as a team. The purpose of the Doubles Tandem is to remind players with a gentle tug when they are too far apart. If the tug is strong enough, the Velcro straps connecting the two players will separate.

The device includes two adjustable waist straps, one for each of the 2 players on the doubles team. The connecting strap between the two players is in two parts which separates or attaches with Velcro. The Velcro that connects these two parts and thus connects the two players can be adjusted into three positions.

For example, if the players are side by side at the net practicing lateral movement and court coverage, they should be approximately 13 feet apart from one another. This is the closest of the three Velcro positions. However, when they are working on moving as a team in a staggered position, such as when one player is returning serve with the partner on the service line, the two players should be further apart. The optional distances between the two players have been fully tested to be the appropriate on-court distances for numerous tennis court positions.