

The **Easy Catch Racquet** has adjustable Velcro straps for installation on practically any unstrung tennis racquet. Start by opening all 8 Velcro straps and then loop each one around the frame, back through the plastic clip and then pull tight and press the Velcro together to secure. To position properly, secure the straps in the following order: Top, bottom, and then alternate side to side.

NOTE: Pictured at left is the more advanced skill-building **Contact Doctor** with only a 5½ inch contact net.



Practice Tips

The **Easy Catch Racquet** focuses on the point of contact between the racquet face and the ball. Equally beneficial to use for serves, volleys, groundstrokes and all tennis strokes. Start slow at first, but then speed up to test and improve your skill of consistent contact in the center of the strings. When successful, the ball is caught in the 6 x 8 inch center net. Use with any unstrung racquet. Racquet not included. Also great ball pick-up tool. **Holds 15 balls.**

Movement and positioning to the ball

While all players make slight adjustments to hit various shots, the basic motions for your forehand, backhand, and volleys should be the same. It is your movement and position relative to the ball that handles the vast majority of adjustments you need to make for each shot. Basically, if you swing at normal speed and can consistently catch the ball in the **Easy Catch Racquet** net, chances are your positioning and balance are excellent.

Focus and concentration

There are different coaching philosophies about how closely to watch the ball and whether turning one's head to try and watch the moment of contact is even possible, since the actual event of contact occurs in only 1-3 milliseconds. However, one thing is clear. Concentration and focus on consistent and solid contact is essential. Use the **Easy Catch Racquet** for 10 shots at a time and try to improve the percentage of balls you can catch in the sweet spot each time. If you have trouble at first, try slowing down your swing or slowing down the speed of the incoming ball.

Better feel on touch shots

Playing tennis with improved feel for the ball includes being skillful with touch shots like dropshots and drop volleys. If you're like many players and don't have the touch it takes for these delicate shots, soften your grip and think about catching the ball, instead of hitting it, on dropshots. Use the **Easy Catch Racquet** and just set up for your dropshots or drop volleys and catch the incoming ball in the net. Once you succeed a few times, alternate using your regular racquet with the same soft catching skill. Make adjustments until your dropshots land just over the net on your opponent's side of the court

Use the 6" x 8" **Easy Catch Racquet** for both stroke development or picking up balls as shown in both photos below.

