

There are many one-handed shots in tennis. The Magnet Master uses a powerful magnet to help players “feel” and therefore more easily coordinate the timing of how they use their non-racquet hand. Although it has many additional uses, the primary shots it can help are the forehand groundstroke, one-handed backhand groundstroke (backspin or topspin), and the backhand volley.

Too many players incorrectly hit forehand groundstrokes with an isolated arm motion and primarily use their shoulder as the center of rotation for the entire swing. Through scientific studies, we now understand that the entire body must efficiently work as a unit to hit optimal and efficient strokes. The result is a stroke with maximum power and control, achieved without excessive effort. Along with ground forces (bending in the knees), body rotation is the key to a better forehand. On the backhand side, splitting the hands helps increase racquet head speed, thus delivering more power.

Simply place the adjustable Velcro straps comfortably around both wrists and select one of the three optional positions for the magnet. Consult with your coach or tennis professional to determine the best time for your hands to pull the magnets apart. After several shots with the Magnet Master in place, try hitting without it and make sure your improved feel and corrected swing pattern is maintained. If not, repeat the process.

Photo #1 Setting up for a forehand groundstroke

Photo #2 Setting up for a slice backhand groundstroke

Photo #3 Finishing a slice backhand groundstroke with the magnets pulled apart

