



Perfectly weighted to use as a warm-up swing aid as well as a stroke and timing improvement tool.

On every single stroke in tennis, the racquet head is either going up or going down at a very specific moment for correct and efficient technique. The Snap Racquet uses kinesthetic and auditory biofeedback to guide players to improve up to 4 times faster than without any guidance aid, according to clinical studies in sports training. Here's how it works. Every time the racquet head swings up or down, there's an audible loud snap. Every single stroke has an ideal time for that snap to take place. NOTE: If needed, you can regrip or use an overgrip to keep the Swing Strips handle in good condition.

TWO SNAPS – SERVE (Photos 1 - 4 from left to right)

Photo #1 CORRECT: In the ready position, the racquet head should be down with disk toward the racquet throat.

Photo #2 CORRECT: In the initial backswing position, the racquet head should be up with the disk toward the throat of the racquet. This is a soft snap and is snap #1.

Photo #3 WRONG: If you drop your racquet and pause as shown, the disk will snap at the top too early. The key is to pass through this position but not pause there.

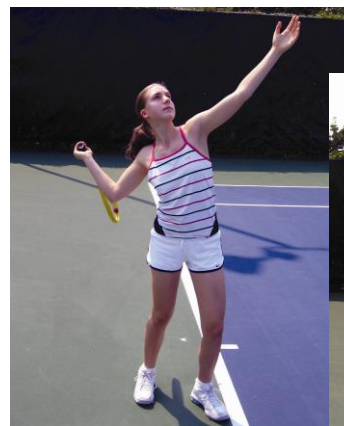
Photo #4 CORRECT: If you swing in one quick continuous motion from photo #2 through photo #4, your racquet should drop as in photo #3 BUT the snap will not occur until the point of contact as shown in photo #4. In other words, go from left to right but listen for one big SNAP when the disk hits the racquet tip right around the point of contact. To accomplish this, you will need a quick whiplike motion.



Disk rests at top.



Disk slides to throat and makes soft SNAP.



Pass through this position with NO SNAP or pause of any kind.



Make disk SNAP as close to top as you can.

ONE SNAP – TOPSPIN FOREHAND

Left photo CORRECT: In the backswing or takeback position, the racquet head should be up with the disk toward the throat of the racquet.

Middle photo WRONG: If you drop your racquet and pause, the disk will snap at the top too early. The key is to pass through this position but not to pause there.

Right photo CORRECT: If you swing in one quick continuous motion, your racquet should drop as in the middle photo BUT the snap will occur at point of contact as shown in the photo to the right. In other words, go from left to right but listen for just one snap when the disk hits the racquet tip right around the point of contact.



CORRECT – Disk rests at throat in set-up position.



CORRECT – but NO snap in this position. Pause too long and you'll hear a snap at top.



CORRECT – one SNAP; with quick drop and swing, listen for SINGLE SNAP at point of contact.

ONE SNAP – TOPSPIN TWO-HANDED BACKHAND

Left photo CORRECT: In the backswing or takeback position, the racquet head should be down with the disk toward the tip of the racquet. The ready position is not shown, but we advise the racquet head down to keep the hand relaxed right from the start.

Middle photo CORRECT: If you drop your racquet and pause, the disk will snap at the top too early. The key is to pass through this position but not to pause there.

Right photo CORRECT: If you swing in one quick continuous motion, your racquet should drop as in the middle photo BUT the snap will occur at point of contact as shown in the photo to the right. In other words, go from left to right but listen for just one snap when the disk hits the racquet tip right around the point of contact.



CORRECT – Disk rests at throat in set-up position.



CORRECT – but NO snap in this position. Pause too long and you'll hear a snap at top



CORRECT – one SNAP; with quick drop and swing listen for SINGLE SNAP at point of contact

TWO SNAPS – FOREHAND VOLLEY

Left photo CORRECT: This photo represents the small backswing or takeback position recommended for the volley. In this position the disk is against the racquet throat.

Middle photo WRONG: If you drop your racquet and chop down on your volleys, the disk will snap at the top and will stay at the top of the racquet. This is not advised.

Right photo CORRECT: This photo indicates contact and there will be TWO CLICKS in this position. The first click should match up to the timing of contacting the ball and the disk quickly snaps against the top of the racquet. The second click confirms that you finish with your racquet head up. This second click happens after contact when the disk simply slides back down against the throat of the racquet.



CORRECT – disk rests at throat when setting the racquet to volley.



WRONG – Chop down and you'll hear only one snap as disk stays at top.



CORRECT – two SNAPS; first at top at contact and second as it slides back to throat.

TWO SNAPS – BACKHAND VOLLEY

Left photo CORRECT: This photo represents the small backswing or takeback position recommended for the volley. In this position the disk is against the racquet throat.

Middle photo WRONG: If you drop your racquet and chop down on your volleys, the disk will snap at the top and will stay at the top of the racquet. This is not advised.

Right photo CORRECT: This photo indicates contact and there will be TWO CLICKS in this position. The first click should match up to the timing of contacting the ball and the disk quickly snaps against the top of the racquet. The second click confirms that you finish with your racquet head up. This second click happens after contact when the disk simply slides back down against the throat of the racquet.



CORRECT – disk rests at throat when setting the racquet to volley



WRONG – Chop down and you'll hear one snap as disk stays at top



CORRECT – two SNAPS; first at top at contact and second as it slides back to throat