

# Angle Doctor™

## INSTRUCTIONS

**THE ONCOURT OFFCOURT ANGLE DOCTOR™** guides tennis and pickleball players to feel the correct angle between the racket or paddle and hitting arm. It works equally well for all volleys and groundstrokes, both slice and topspin, and is fully adjustable for players of all sizes. Like all kinesthetic training aids, use the Angle Doctor for a few hits and then remove it and try to maintain the same feel for the shot practiced. Be patient since it often requires several practice sequences both with and without the aid.



### TO USE

1. Wrap the bicep band around your arm, just above the elbow with the “D” ring pointed up if you reached out to shake someone’s hand.

2. Secure the Velcro strap to your racket or paddle as shown in the pictures. This racket and paddle strap is adjustable on both ends.

You’ll find that once you find the best position for a slice groundstroke or volley, that you can keep that same position. For topspin groundstrokes, you will have to lengthen the strap so the arm is in a more extended position. The photos to the right will give you a general idea of the positions of various shots with the Angle Doctor in place.

