OnCourt OffCourt

GAME CHANGERS

Arm-Pocket Developer™
INSTRUCTIONS

THE PATENTED ONCOURT OFFCOURT ARM-POCKET DEVELOPER™ is a unique tennis and pickleball training aid that makes teaching and learning correct fundamentals easier and more effective for all levels of play. The Arm-Pocket Developer™ assists with keeping the hitting arm tucked in the correct position, close to the body. It is attractive, fits nearly everyone, and is made to last for years.

1. On the forehand groundstroke and two-handed backhands, the Arm-Pocket Developer™ keeps the arm in closer to the body and give players the "feel" for hip, torso, and upper body rotation, which sports scientists have shown is critical to stroke efficiency and power.

2. On the forehand and backhand volley it controls the hitting arm from taking a big backswing or follow-through, resulting in a more compact and controlled volley.

3. On returning fast serves or any hard-hit ball, it limits the backswing to ensure more successful returns.

TO USE

Wrap the Arm-Pocket Developer™ around the chest of a player, and then the biceps of the hitting arm attaches with a second Velcro band to that chest band, keeping the hitting arm tucked into the body.

TRAINING TIPS

At first try using the Arm-Pocket Developer for blocked or repetitive stroke practice. Then, after the player gets a "feel" for the more correct and efficient technique, use a technique called "fading" to make sure the player will retain the improvement. "Fading" is a proven technique that must be integrated when using any guidance system (like the Arm-Pocket Developer™ since it literally guides behavior). "Fading" tells us to use the guidance system for a certain amount of time or number of repetitions, and then to withdraw the guidance system and have the athlete perform under the same conditions.

The coach or teach must then ask questions to the player to make sure the "feel" of the corrected mechanics is still present and observe visually how the athlete is performing. If there is any backtracking to the former technique, merely use the Arm-Pocket Developer™ more and then go through "fading" once again.