



The **Contact Doctor** has adjustable Velcro straps for installation on practically any unstrung tennis racquet. Start by opening all six Velcro straps and then loop each one around the frame, 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.

### **Practice Tips**

The **Contact Doctor** is designed to help all levels of tennis players improve several areas of their game, by placing the emphasis of practice on the point of contact between the racquet face and the ball. It can be equally beneficial to use for serves, volleys, groundstrokes and all other shots in tennis. 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 will be caught in the center net that is 5 1/2 inches in diameter. Use with any unstrung racquet. Tennis racquet not included.

### **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 **Contact Doctor** 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 **Contact Doctor** 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 **Contact Doctor** 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.