

Topspin Forehand

PROBLEM	SOLUTION
Backswing too big	Backswing Solution
Grip problems	Start Rite Grip Trainer Serve Rite Racquet
Late preparation	Perfect Pitch Rebounder Tac-Tic Wrist Trainer
Need more power	Snap Racquet Whistler Racquet Whip Strips
Need more upper body rotation	Forehand Rotator Magnet Master
Need to hit more cleanly	Eye Coach Sweet Spot Trainer
Need to learn topspin	Spin Doctor Topspin Solution
Not getting under ball enough	Flex Trainer
Timing and rhythm problems	Perfect Pitch Rebounder
Too tense and tight	Snap Racquet Whip Strips Whistler Racquet Whistling Vibration Dampener
Contact too close to body	Space Aid

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Backswing too big	Backswing Solution
Grip problems	Start Rite Grip Trainer Serve Rite Racquet
Late preparation	Perfect Pitch Rebounder
Need to hit more cleanly	Eye Coach Sweet Spot Trainer
Not enough topspin	Spin Doctor Topspin Solution
Not getting under ball enough	Flex Trainer
Timing and rhythm problems	Perfect Pitch Rebounder
Too tense and tight	Snap Racquet Whip Strips Whistler Racquet Whistling Vibration Dampener
Contact too close to body	Space Aid

Miscellaneous

PROBLEM	SOLUTION
Hitting in the net too much	Airzone E-Z Airzone Travel Airzone
Needs more racquet speed	Snap Racquet Wrist Racquet
Not enough net clearance	Airzone E-Z Airzone Travel Airzone
Trouble making decisions	Numbered Cones
Poor targeting	Numbered Cones Spots Stoplight Cones Pop-Up Targets Tennis Knockdown Targets
Not moving w/ doubles partner	Doubles Tandem

Slice Backhand

PROBLEM	SOLUTION
Droopy wrist at finish	Angle Doctor Volley Doctor
Grip problems	Start Rite Grip Trainer Serve Rite Racquet
Lack of directional control	Volley Arrow
Need more racquet speed	Snap Racquet
Need to hit more cleanly	Sweet Spot Trainer
Swinging around too much	Volley Arrow
Timing & rhythm problems	Magnet Master
Contact too close to body	Space Aid

Serve

PROBLEM	SOLUTION
Grip problems	Start Rite Grip Trainer Serve Rite Racquet
Lack of spin	Spin Doctor Topspin Solution
Need to hit more cleanly	Sweet Spot Trainer
Not extending to contact	Fence Trainer Serve Doctor Tac-Tic Elbow Trainer
Not loading enough in legs	Tac-Tic Knee Trainer
Throwing motion needs work	Serving Sock
Tight wrist at contact	Tac-Tic Wrist Trainer Wrist Racquet
Too tense and tight	Snap Racquet Whip Strips Whistler Racquet Whistling Vibration Dampener
Trouble controlling toss	Toss Doctor Toss Fixer Toss Trainer
Trouble finding contact	Server Wand

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Return of Serve

PROBLEM	SOLUTION
Backswing too big	Arm Pocket Developer Backswing Solution
Grip problems	Start Rite Grip Trainer Serve Rite Racquet
Need more return of serve practice	Ace Attack all-in-one Serving Ball Machine
Need to hit more cleanly	Sweet Spot Trainer
Slow to find solid contact	Contact Doctor
Contact too close to body	Space Aid

Overhead

PROBLEM	SOLUTION
Grip problems	Start Rite Grip Trainer Serve Rite Racquet
Need to hit more cleanly	Sweet Spot Trainer
Not extending to contact	Fence Trainer Tac-Tic Elbow Trainer
Not snapping at wrist	Tac-Tic Wrist Trainer
Trouble finding contact point	Contact Doctor Fence Trainer Serve Doctor

Movement

PROBLEM	SOLUTION
First step too slow	Flex Trainer Power Resist System
Lack of acceleration	Flex Trainer Power Resist System
Not bending knees enough	Flex Trainer Tac-Tic Knee Trainer
Not closing in to volley	Power Resist System
Recovery shuffle too low	Lateral Resistor Power Resist System
Slow footwork	Adjust-a-Hurdle Hexo Agility Rings SportLadder
Split step not precise	Big Feet Donuts Quick Feet Donuts

Volley

PROBLEM	SOLUTION
Grip problems	Start Rite Grip Trainer
Need to hit more cleanly	Sweet Spot Trainer
Lack of directional control	Volley Arrow
Droopy wrist at finish	Angle Doctor Volley Doctor
Backswing too big	Backswing Solution Arm Pocket Developer
Contact too close to body	Space Aid