

The Tac-Tic Knee Trainer is one of the most industry-changing training tools to come along in years. If you coach tennis, you know how many thousands of times each year you tell students the common instruction, “Bend your knees.” The Tac Tic Knee Trainer guides players to bend their knees automatically! They feel and hear a loud “click” exactly at the moment they bend, whether it is for general balance and movement, to load up before hitting a serve or groundstroke, or to get down for low balls and volleys. Simply put, if the Knee Trainer clicks at the right moment or remains clicked as needed, the right technique is in place.

Below you will find guidelines to find those “right moments” to get you on track to better tennis. Of course, as you use the Knee Trainer, you will undoubtedly adjust some of these checkpoints to suit each student’s needs, and also combine them with your own understanding of tennis technique. Remember, there is no single “right way” to move and hit a tennis ball, as is demonstrated by the many subtle differences among the world’s top players. To use, simply place the device over one of your knees and Velcro firmly into place with the knee hole over the patella. If possible, use it on the dominant leg

### After the split step to volley

After the split get low enough to move aggressively at the net and try to keep the Knee Trainer in the “clicked” or bent position. The trainer would only “unclick” when the player extends upwards for high volleys. Otherwise, in particular at the net, stay in the low position to move and handle those challenging low and net height volleys.



### Forehand groundstrokes

The concept of loading for topspin groundstrokes is commonly accepted. This is a situation where the Tac Tic Knee Trainer really shines. Here’s a simple exercise. With a partner, coach, or ball machine feeding balls, start upright, with the device in the unclicked position. Then “click” to the loaded position before striking the ball.



**Two-handed backhand topspin groundstrokes**  
Loading for a topspin one-handed or two-handed backhand is similar in principal to bending in the knees for topspin forehands. The point is that loading energy into the ground (thus “clicking” the Tac Tic Knee Trainer) creates linear or vertical energy into striking topspin groundstrokes.

### **Serve**

The Tac Tic Knee Trainer is just terrific for helping players gain a better feel for loading on the serve. Start straight as you would for any normal serving motion. In this position, the Knee Trainer is “unclicked” or straight. Then toss the ball and load into the bent or “clicked” position. Especially when serving, the Tac Tic is dramatic as a powerful tool for practicing the knee bend, a critically important aspect of developing a solid serve in tennis.

