

# Tac-Tic Wrist Trainer

[www.OnCourtOffCourt.com](http://www.OnCourtOffCourt.com)

The Tac-Tic Wrist Trainer functions well as a kinesthetic guide using auditory bio-feedback to help the user develop a desired motor skill. Simply put, if the Wrist Trainer clicks at the right moment, 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 Wrist Trainer, you will undoubtedly adjust some of these checkpoints to suit each student’s needs and also combines it with your own understanding of tennis technique. Remember that there is no one “right way” to 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 the top of your wrist with your palm facing down so the Tac-Tic insert is midway over the hand the forearm. Hook the loop over your middle finger to secure into position and double loop it for smaller hand sizes. You can also twist it one time if your hand is medium size and you need it to fit more snugly.

## Ready Position on the baseline

Generally, the best players wait at the baseline with a forehand grip. In this case the Wrist trainer is in the straight or “unclicked” position.



## Forehand groundstroke

The action of the wrist for forehand groundstrokes can vary slightly depending on the grip and swing style. Since the most common grip for competitive junior players is the semi-western, here are our guidelines: You should hear the Wrist Trainer “click” when going into the backswing position and then “unclick” again after contact towards the latter part of the follow-through or “release” phase of the swing.



### **Two-handed backhand topspin groundstroke**

There are several styles of two-handed backhands. Here we will give the guideline for perhaps the most common; namely, when the non-dominant hand takes over and becomes the dominant hand for the two-hander. For example, if you play right-handed, your left hand would become the dominant hand for the two-handed topspin groundstroke. In this case, the Wrist Trainer should “click” and “unclick” similar to the topspin forehand groundstroke just described.

### **One-handed backhand slice or backspin groundstroke**

On the one-handed slice backhand, we’ve noticed that as a player becomes more advanced, the Wrist Trainer will “click” into the bent or slightly cocked position as it is taken back and then remains in that position through the rest of the stroke.



### **One-handed backhand topspin groundstroke**

Again, there are several styles for the one-handed topspin backhand. Assuming you are hitting it with an Eastern backhand grip and fairly heavy topspin, here is what should happen with the Wrist Trainer: From the straight or “unclicked” position in the ready position, the Wrist Trainer will “click” as the racquet is taken back and the grip of the racquet hand slides into place. Then, just before contact on the forwards swing, the Wrist Trainer should “unclick” to become straight again and then, somewhere midway into the follow-through, the unit will “click” again to the bent position.



### **Ready Position at the net**

With the ready position at the net, assuming you have a continental grip, the wrist and therefore the Wrist Trainer should be in the “clicked” or slightly laid-back bent position. Remember that the purpose of a consistent ready position at the net is to be able to react quickly for any type of volley.

### **Forehand Volley**

The checkpoints for the volleys using the Wrist Trainer are rather simple. As was just explained above, the Wrist Trainer should ideally begin “clicked” in the ready position. Throughout the entire forehand volley you want to keep the Wrist Trainer in this same laid-back bent or “clicked” position. If you incorrectly straighten the arm to meet the ball too far out in front, the Wrist Trainer will tell you by “unclicking”. If you hear it “unclick”, simply make a conscious effort to move closer to the ball and maintain a more compact and minimal swing.



### **Backhand Volley**

As in the forehand volley, the checkpoints for the backhand volley are also rather simple. The Wrist Trainer should begin “clicked” in the ready position when holding a continental grip, and you want to keep the Wrist Trainer in the laid-back bent or “clicked” position throughout the entire shot.

## Overhead

The Wrist Trainer and the overhead are an interesting combination.

Ideally you will start in the volley ready position with a continental grip as explained earlier and seen again on this page. If you hit an overhead with solid mechanics, you will have an abbreviated backswing with the racquet face closed during the preparation phase of the swing and hear the Wrist Trainer “unclick”. As the racquet drops before extending, it will “click” again as your wrist flexes back while your racquet head drops behind you. Then, as you extend upwards to reach for the ball, you should hear the Wrist Trainer “unclick” during that extension. Finally, as you contact the ball at full extension, you should hear it “overclick” as your wrist snaps into that forwards bent position, as it does in tennis on the overhead and serve. How many “clicks” will you hear in total with this shot after beginning in a correct ready position at the net? Count them. A total of four.





### **Serve**

The Wrist Trainer and the serve are also an interesting combination. There are many ways to prepare and take the racquet back on the serve, as is evidenced by Roger Federer (neutral wrist with straight Wrist Trainer to start), Maria Sharapova (cocked wrist to start), and Andy Roddick (overbent wrist to start). In this explanation, we are assuming you serve with a continental grip. Although these three players begin differently, they all have similar motions when the racquet sets up to hit the ball and then extends upwards to contact. In the preparation phase of the swing, the racquet face will be closed and the Wrist Trainer will be straight or “unclicked”. As the racquet drops before extending, it should “click” as your wrist flexes back while your racquet head drops behind you. Then, as you extend upwards to reach for the ball, you should hear the Wrist Trainer “unclick” during that extension. Finally, as you contact the ball at full extension, you should hear it “click” as your wrist snaps into that forward bent position, as it does in tennis on both the overhead and serve. How many “clicks” will you hear in total with this shot after beginning in a correct ready position at the net? It all depends on your starting position at the beginning of the entire motion.