

TopSpin Solution[™] Instructions www.OnCourtOffCourt.com

The **Topspin Solution** is finally here. Affordable, practical for home or court use, for both players and coaches, and for ALL ages and skill levels. Practice virtually ALL shots in tennis, although most will primarily use it for topspin groundstrokes. You can even practice both slice and kick serves! Just remember to watch the videos on our website to see exactly how to use for maximum success and improvement! The Topspin Solution is easy to hang in seconds in many convenient ways:

ON THE COURTS OR AT HOME:





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NOTES: Angle up for topspin practice and angle down for slice groundstrokes, volleys, or dropshot practice. Start off slowly to get a feel and try about 10 repetitions at a time. The idea is to get a "feel" for creating different spins. To add footwork and balance exercises, just recover to a designated spot between swings and then move into position and on balance for the next stroke.