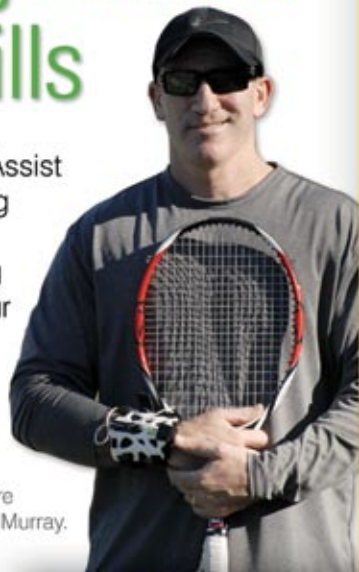


Train Your Brain!™



# Getting Started and Drills



"The SquareHit Tennis All-Court WristAssist is an incredibly powerful tennis training tool. It will dramatically improve your strokes by training your brain, building your muscle memory, and making your strokes better more quickly than you ever thought possible."

## BRAD GILBERT

World-renowned tennis coach.  
Past coach of such stars as Andre Agassi, Andy Roddick and Andy Murray.



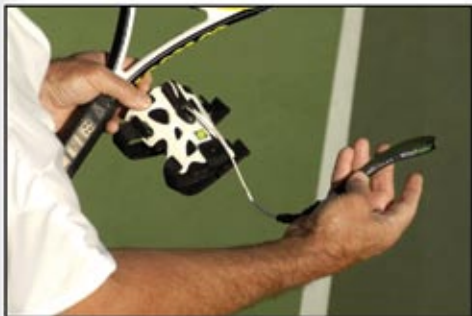
SquareHitTennis

Detailed video instructions and drills at:  
[www.SquareHitTennis.com](http://www.SquareHitTennis.com)



## Set-up

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### STEP 1.

Take the loop and tether from your All-Court WristAssist in one hand.



### STEP 2.

Drop the loop and tether through the throat of your racquet.



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### STEP 3.

Pull the loop over the butt cap and slide it up the grip toward the throat of your racquet.



### STEP 4.

Slide the loop above your grip and cinch it into position at the throat of your racquet. The embroidered tennis ball on the end of the loop will be facing you.



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### STEP 5.

Slide the cuff of your WristAssist over your playing hand, wide end first, and set the curved edge of the cuff behind your wrist bone. Tighten the forward strap first to anchor in the correct position. Next tighten rear (wider) strap so that your WristAssist is comfortable but firmly positioned on you wrist.



### STEP 6.

For the "All-Court" setting, use the **red mark** as a guide and pull all the slack out of the tether to get a fully "laid back" wrist. **PUSH DOWN** on the tether where it exits the jam cleat then **COCK** your wrist forward to lock the tether into the jam cleat... *you are ready to play!*



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# Let Brad Be Your Coach



*"The All-Court WristAssist improves your strokes fast by constantly creating a pure swing path through the impact zone to build solid tennis strokes that deliver under pressure."*

**BRAD GILBERT**

The All-Court WristAssist is a tennis stroke training device designed to improve your ground strokes and volleys quickly through the use of muscle memory training. It works by "training your brain" to build great tennis strokes and volleys and then locks that feeling in your muscle memory.

**BRAD'S TIP:** Start out by practicing one stroke at a time for 10 minutes or so with your WristAssist on then practice the same stroke for 10 minutes with it off...this is the key to "training your brain". Don't fight your WristAssist. Give into the "laid back" wrist. Keep a soft hand and elbow. Remember speed is power, not tight muscles.

You can drill every ground stroke and volley with your All-Court WristAssist while working with a playing partner, a ball machine, off a wall, or even drop hitting balls while you are on court. Try to practice 3 times a week so each stroke gets at least two practice sessions. Practicing at home in front of a mirror for 5 minutes a stroke, twice a week will let you *see and feel* a great tennis stroke as well!



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# Training Drills

The following drills can be used to practice all of your ground strokes and volleys.

**Ball Machine** - Set the ball machine to hit balls to your forehand only. For optimum practice, you should practice hitting the ball to selected targets on the court. Practice hitting for 10 minutes taking breaks as needed, then practice the same drill with your WristAssist off. Remember to "brush up" on each ball keeping a firm wrist but soft hand and elbow to gain swing speed. Speed is power, not tight muscles.

**BRAD'S TIP:** "Try getting a little closer to the ball and making contact a little more out in front of your body. Most recreational players hit the ball late and need to swing forward and 'up' through the hitting zone."

**With Friend** - Get a basket of balls and have a friend feed balls to the stroke you want to work on. Take breaks as needed. Don't forget to return the favor and let them practice with your All All-Court WristAssist.

**BRAD'S TIP:** Advanced players may want to drill each other with their All-Court WristAssists going forehand to forehand, backhand to backhand, forehand to volley or cross court forehand to back hand. "Don't forget to work on your inside-out forehand. Both players stand in the backhand alley and groove inside-out forehands."

**Backboard/Rebound Net** - Practice drilling your forehand ground stroke, for example against a backboard or rebound net. Practice hitting the ball straight ahead so it returns back to your forehand repeatedly. Hit for 10 minutes at a time taking breaks as needed. Do the same with backhands.

**BRAD'S TIP:** "Ensure that you aggressively 'Brush-up' on each ground stroke to develop top spin control for your shots."

**Drop-Hits** - If you don't have access to a ball machine or backboard try drop-hitting balls. This is a great way to groove your swing with your WristAssist. Practice your forehand by dropping the ball slightly in front of your body (and slightly to the side of your body) so that the ball bounces at the right contact point.



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**BRAD'S TIP:** "A great drop-hit drill is to hit from the baseline of one alley down the line and over the net into the other alley. Practice hitting the ball as straight as possible over the net. This will help give you the feeling of keeping the ball on your strings for as long as possible while you retain a quiet, laid back wrist through impact."

## NO ONE EVER HAD A GREAT SERVE WITHOUT A GREAT TOSS:

The SquareHit Tennis TossAssist™ is a great tennis training system that helps all levels of players develop a consistent service toss as the foundation for powerful, accurate serves. The TossAssist lays your wrist back to the correct angle to create a stable hand platform to repeatedly lift your ball toss up to the same spot as you try to hit the landing target.

**BRAD'S TIP:** "If you are right handed while holding your toss, think - Left hand, left pocket as your toss starting point, just the opposite for lefties. I love the TossAssist. It is easy to use in conjunction with the landing target and will give you great results in grooving a smooth, accurate ball toss."



For more information on TossAssist and other products from SquareHit Tennis visit:

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



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SquareHit Tennis, is a division of SquareHit Sports Inc, SquareHit Sports Inc, based in Palo Alto, California designs, develops and markets innovative sports improvement products. SquareHit Tennis' scientifically designed products help players improve their strokes quickly by enabling them to "FEEL what the Pros Feel," and store that feeling in their muscle memory. To learn more about the company and how you can improve your tennis game, visit [www.squarehittennis.com](http://www.squarehittennis.com).

SquareHitTennis contributes a portion of the revenues on its products to Youth Tennis Advantage, a San Francisco Bay Area non-profit organization. The proceeds from SquareHitTennis serve to finance and support YTA's academic tutoring and tennis instruction programs for Bay Area inner-city children.



**SquareHitTennis**

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