

How to use the TopspinPro

Our mission is to help people learn topspin as quickly as possible. Topspin is the only way to control the ball - you'll have longer rallies, be more competitive and have more fun.

Once you've mastered topspin please give your TopspinPro to someone still learning tennis or donate it to your local tennis club.

1. Setting it up and where to stand

A

Place the TopspinPro in front of a line & set the height (using the pin) so that the ball is about pocket height

B

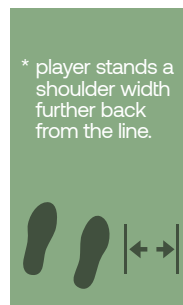
Stand on the OPPOSITE SIDE of the line to the TopspinPro (this helps correct the grip and forces you to make contact with the ball in front of your body)



Forehand set up (right-handed player)



Double-handed backhand set up



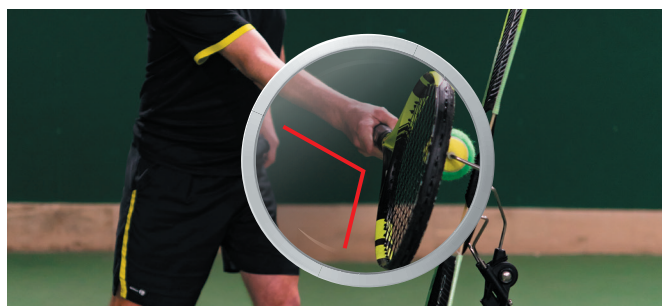
Single-handed backhand set up*

2. The grip and extended wrist (bent back)



A. THE GRIP

You can use any of the recognised forehand grips. Notice the hand is roughly 'behind' the racket handle.



B. OUT IN FRONT

Make sure you make contact with the ball well in front of the body. Notice how the 'laid-back' wrist (bent backwards) helps this.

3. The training instruction

“Make the ball spin WITHOUT touching the screens”

The only way to ‘make the ball spin but without touching the screens’ is to:

- A. swing the racket past the ball at a tangent, and;
- B. use the wrist like a hinge so you can get the face moving fast enough to create spin.

And this happens to be the perfect way to hit topspin groundstrokes.

A

Brush the racket face up the back of the ball in a straight line

Notice how the face is almost parallel to screens and at a tangent to the ball



B

Use your wrist like a hinge & the racket like an arm on a clock

Notice how the hand has hardly moved while the racket has travelled through 90 degrees (this is why this stroke is often referred to as the “windshield-wiper forehand” – the screen is effectively a windshield on its side)



Tips

1. You might want to start by brushing the ball with a FLAT hand – as if it’s a racket
2. Then start doing it with your racket, it may be easier at first to shorten racket length by choking down the grip (remember to hold the racket loosely so the wrist can operate as a hinge). Do this several times – until you can really feel and see the spin you’re creating
3. Start off with an abbreviated stroke as above and then add a backswing – starting in the laid-back position
4. Then add a follow through – let the racket hand end up touching your shoulder as this means your grip is relaxed (note: the racket face should still be roughly at the same 75-80 degree angle)
5. Then copy that exact stroke with a tennis ball you drop yourself (or someone feeds to you) and try to do it within 2 to 3 seconds of using the training aid while the ‘muscle memory’ is still fresh
(repeat steps 4 & 5 several times if necessary)
6. For best results use the TopspinPro for a couple of minutes every day
7. Serve: remove the aluminium head from the tripod and hold it above your head (or ask someone to hold it for you), then brush past it at 45 degrees for the kick serve or vertically for the slice serve
8. Slice backhand & drop-shot: remove the aluminium head from the tripod and hold it upside down so that the screen angle is about 15 degrees off vertical. Practise ‘slicing’ down the back of the ball

For more detailed information, drills and videos see topspinpro.com/instructions

Alternatively visit the TopspinPro YouTube Channel & the TopspinPro Tennis Community on Facebook (a group dedicated to customers)