

With the Backswing Solution™ you are capable of performing different exercises with the use of the stick. This is helpful in synchronizing the loop and the right and left hands when executing different strokes.



READY POSITION

Acquiring the right technique for the ready position will give you a strong foundation for learning volleys and groundstrokes faster and more efficiently.

VOLLEY

By keeping your elbows out in front, the Backswing Solution™ prevents you from taking too big of a backswing on your volleys.

GROUNDSTROKES

Through converse wear of the Backswing Solution™ you can avoid bending your wrists in an overly big angle and putting too much stress on them. Plus, this helps give you a kinesthetic feeling for executing powerful and fluid groundstrokes.

RETURN OF SERVE

We often hear from great coaches that you have control of the return of serve with your legs, not your hands. Because the Backswing Solution™ trains you to have a compact backswing, it also helps give you the feeling of using your legs and hitting from a position of strength and balance on your return.

