

Vic Borgogno

Sports Split Step

Tennis Pro

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'The Advantage'

'The Advantage' enables all tennis players to learn what the creative teaching pros of today know about racket control.

'The Advantage' allows a player to make significant and noticeable changes in hitting tennis balls; it was ergonomically engineered for comfort, proper angle, flexibility, and ease of use. Formed from high tech plastics it fits comfortably onto the back of the wrist of your dominant arm. The lightweight (1-1/4 oz) device attaches with two straps. Left and right handed models are available.

Simple to use:

- Place plastic body on back of your dominant-hitting wrist.
- Position the 2" loop Velcro strap just behind your wrist.
- Pull the 2" loop Velcro strap under and around your forearm and attach to the hook Velcro on the wrist brace; length can be trimmed to eliminate extra strap.



Fig 1 Showing steps in attaching the arm strap

- Bend your wrist so that the back of your hand presses up against the foam pad on the underside of the brace.

- Pull the 3/8" nylon palm strap around the hand between the thumb and index finger; the end with longer piece of Velcro material can be trimmed to eliminate extra strap (lightly sear the cut end with a lighted match).



Fig 2 Showing steps in attaching hand strap

'The Advantage' can be used in practice for all ground strokes and volleys. When practicing overheads, serving or playing in matches, the palm strap can be loosened or removed so that proper execution of serves and overheads are possible. The proper angle of the wrist brace can still be felt with or without the palm strap.

'The Advantage' allows the player to check the wrist angle when in any of the four critical positions of a tennis stroke:

- Ready position with racket out front.
- Racket back with butt pointing at incoming ball.
- Ball contact point or hitting zone.
- With palm strap removed the wrist can break after hitting the ball.

'The Advantage' provides immediate feedback and confidence at any level of play.

- Beginners can learn to hit topspin during their first lesson where in they create muscle memory that will be with them the rest of their lives.
- Intermediate students that are inconsistent in shot production or lack a topspin shot will be able to break bad hitting habits and add consistent topspin shots.
- Advanced players learn more about their lack of wrist control as match play pushes them beyond their present limits.

'The Advantage' provides the most effective way in raising your level of play!



Fig 3 Top view of "The Advantage"



Fig 4 Side view of "The Advantage"



Fig 5 Racket back Forehand position



Fig 6 Racket back Backhand position



Fig 7 Contact point for Forehand



Fig 8 Contact point for Backhand



Fig 9 Assorted colors are available

Vic Braden, in his book on 'Quick Fixes,' describes many symptoms relating to the infamous wrist. Here are Vic's problem description and solution for the forehand and backhand ground stroke and how the wrist can affect these strokes.

Forehand problems and possible solutions:

- I keep hitting the ball beyond the baseline..."take the racket backward without any wrist adjustment."
- I have no control; the ball goes everywhere, into the net, long, short, and wide..."Maintain a firm wrist and forearm from the beginning of your backswing through impact."
- Dinkers drive me crazy..."ensure that your wrist is fixed and the racket face isn't rolling over in the hitting zone."

- I usually pull the ball cross-court when I want to hit it straight...“Try to gain that crucial feeling of letting the racket fall low on the backswing, with the palm turned down and the wrist firmly cocked.”
- I often feel cramped as I hit the ball...“wrist layback is causing you to take an excessively long backswing.”
- I just don't have my touch today...“Instead of thinking that you can get away with fancy wrist movements just before impact, concentrate on keeping the racket head stable.”
- When I try to go down the line against a cross-court shot, the ball tends to go wide into the doubles alley...“Correct your wrist layback problem by leading with a raised hitting elbow on your backswing.”
- I can't seem to hit the ball with topspin...“there is not enough time for 'wrist-rolling' action to have any effect on the ball's spin.”

Backhand problems and possible solutions:

- When I try to hit the ball hard, it usually goes long..."Play with a fixed wrist position and a firm forearm to help guarantee a vertical racket face at impact."
- I scatter my backhand shots..."Concentrate on keeping the racket head fixed and the wrist locked tight as you rotate your body into the shot."
- I hit into the net too often..."if the racket face isn't vertical, then you haven't maintained a firm wrist position."
- I can't seem to hit the ball with topspin..."standing stiff-kneed forces a distorted wrist position."
- I seem to sky the ball a lot..."You may be standing stiff-kneed as you swing, and simply dropping the racket head low by loosening your wrist."
- I try to hit the ball straight, but it keeps going to the right..."you may be swinging with a Frisbee toss motion that has turned you into a wristy inconsistent hitter."
- I can't get enough power on my shots and still keep the ball in play..."weak extensor muscles in the hitting arm can prevent you from maintaining a firm wrist."

Racket control, the dominant problem in winning tennis matches:

- It is a well-known fact that players with wristy shots have a difficult time hitting consistently.
- McEnroe claims his hands were the first to go in a match.
- Late preparation cause extreme accelerations of the racket resulting in loss of racket control.
- Consistent topspin requires a fixed wrist and a low to high racket motion.
- Modern day ball speeds expend large amounts of energy into the various parts of the body; the injury of Boris Becker at Wimbledon '96 was only one in the large number of increasing wrist injuries.
- Small movements of the hand cause large angle changes in the racket position, i.e. the wrist is more sensitive than the elbow, and the elbow is more sensitive than the shoulder in controlling the racket.

The solution can be found in maintaining a firmer wrist:

- Limiting the movement of the wrist allows the player more racket control.
- Providing wrist support allows relaxation of the muscles in the hands and improves endurance.
- Counteracting the forces resulting from late preparation will reduce the changes in wrist angles.
- Maintaining a fixed wrist angle allows for better placement and thus improved player confidence.
- Supporting the wrist removes much of the impact force and injury caused by today's power game.
- Concentrating on the wrist or the most sensitive area provides maximum benefits.

'The Advantage' provides support and maintains a firm wrist (racket control), while you develop the muscle memory for playing better tennis. Select from an assortment of 6 colors in either a right handed or left handed model. Also available are junior models for students' ages 5 to 12 years of age; one model fits either left or right handed players.

