

Quick Guide for the Enhanced Tennis Twist (ET²)

When you power ON the ET² it will automatically begin executing the selected drill on the small Thumb Wheel Switch (TWS) located just below the Power Switch at the rear of the ET². To change the selected drill, press the small vertical actuator at either end of the TWS; one will increase and the other will decrease the selection. TWS=8 & TWS=9 settings are not used.



ET²



LEDs



TWS

BASIC DRILLS Using the LEDs

- **TWS=0:** When in this mode the Coach will position the athlete at various locations relative to the ET² and then have the athlete perform a Split Step and move to hit a delivered ball from the ET²; TWS=0 is the only drill that will deliver a ball.
- **TWS=1:** Split Step (i.e. RED LEDs only) this mode is used to learn to time the vertical movement to the RED LED down and up sequencing; it can also be used for introducing lateral movements and landing on the opposite foot to the direction of movement.
- **TWS=2:** This mode uses the skills developed in the TWS=1 mode, but moving to the LEFT when the GREEN LED comes ON; it can also be used to introduce the swing at an imaginary ball, along with a recovering/centering move.
- **TWS=3:** This mode uses the skills developed in the TWS=1 mode, but moving to the RIGHT when the GREEN LED comes

ON; it can also be used to introduce the swing at an imaginary ball, along with a recovering/centering move.

- **TWS=4:** This mode uses the skills developed in TWS 1,2,3; split step with landing, moving to the RIGHT, moving away from a BODY shot (both GREEN LEDs come ON), and then to the LEFT; all moves to the ball can be followed with a swing at the imaginary ball and a recovering/centering move.
- **TWS=5:** This mode develops movement into the court when the TOP GREEN LED comes ON (FORWARD towards the net, as in a short ball); all moves to the ball can be followed with a swing at the imaginary ball, along with a recovering/centering move to the baseline.
- **TWS=6:** This mode is used to develop both approach shots followed by an overhead; player moves FORWARD when the TOP GREEN LED comes ON and then BACKWARDS when the BOTTOM GREEN LED comes ON; all moves to the ball can be followed with a swing at the imaginary ball and a recovering/centering move to a specified location on the court.
- **TWS=7:** This mode exposes the player to movements in 8 different direction by using the ALL STAR drill; each directional movement would start with the split step, then landing and moving in various directions based on which GREEN LEDs come ON: 1) LEFT, 2) 45 deg (TOP and LEFT), 3) FORWARD (TOP), 4) 45 deg (TOP and RIGHT), 5) RIGHT, 6) 45 deg (BOTTOM and RIGHT), 7) BACK (BOTTOM), 8) 45 deg (BOTTOM and LEFT); all moves to the ball can be followed with a swing at the imaginary ball and a recovering/centering move.