

Getting Started



Putting on your TossAssist

Place TossAssist on your wrist with SquareHit logo up. Grasp the palm pad of the TossAssist with your fingers and press firmly downward forming a classic, comfortable, laid back wrist that conforms to your TossAssist. Now tighten the straps.



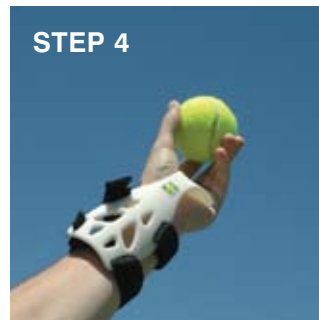
Proper ball toss technique (Generally accepted Tennis Professional guidelines)

- Maintain a laid back wrist which conforms to your TossAssist during the ball toss.
- Lift or elevate your whole arm along the line created by your forward foot and the landing target to release the ball out in front.
- Never flick or jerk your wrist or fingers. Feel that you simply **release** the ball by opening your fingers as you elevate your hand.
- Release the ball around eye level to create a solid reference point for your toss.



Place the TossAssist landing target under your racket face

Point your forward foot at about a 45 degree angle to the baseline. Place your racket on court in line with your front foot. Slide the TossAssist landing target under your racket face to set an ideal target distance. You can now pick up your racket and begin practice.



Full view of the TossAssist

Don't fight the TossAssist. Simply let it guide your "quiet" laid back wrist to release the ball from your fingers. Practice to get each toss to come down on the TossAssist landing target to build toss accuracy. **"Train your brain!"**