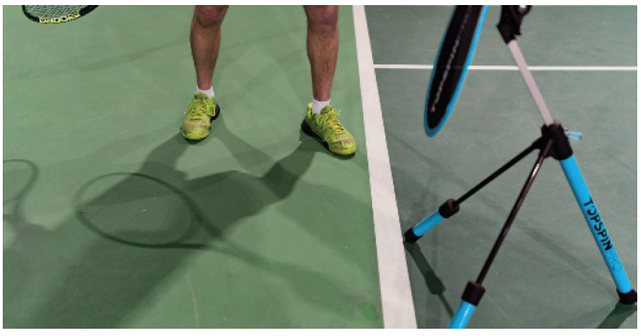
How to use the TopspinPro

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

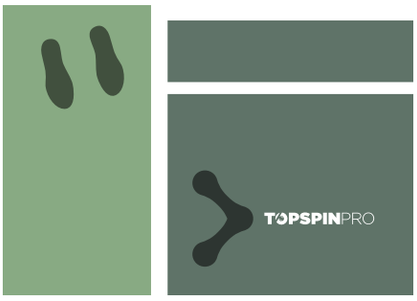
Once you've mastered topspin please give your TopspinPro to someone still learning pickleball or donate it to your local pickleball club.

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

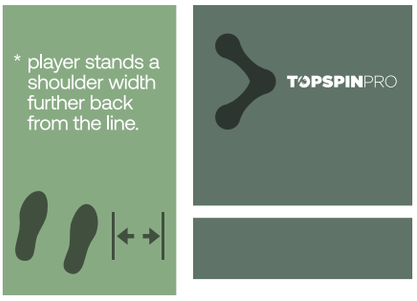
B Stand on the OPPOSITE SIDE of the line to the TopspinPro *(this helps correct the grip and forces you to make contact with the ball in front of you body)*



Forehand set up (right-handed player)



Double-handed backhand set up



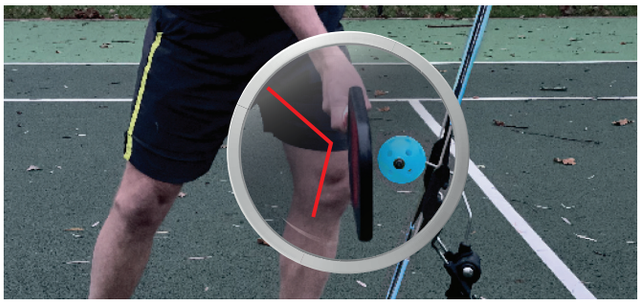
Single-handed backhand set up*

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"

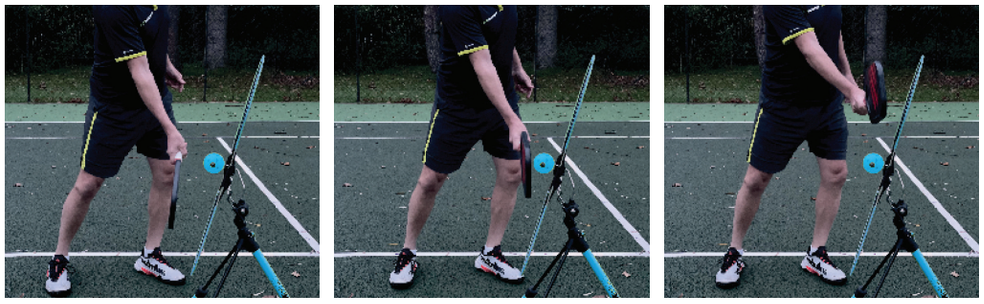
The only way to 'make the ball spin but without touching the screens' is to:

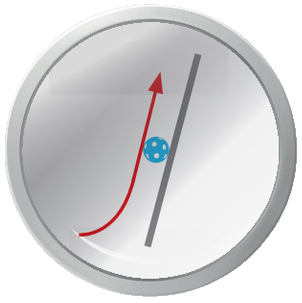
A. swing the paddle past the ball at a tangent, and;
B. use the wrist like a hinge so you can get the paddle face moving fast enough to create spin.

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

A

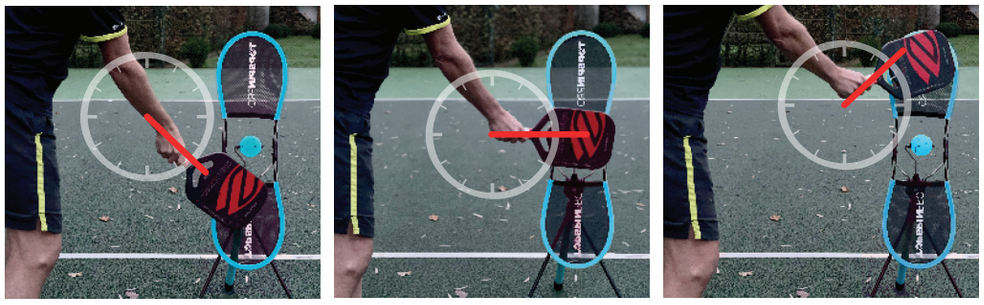
Brush the paddle face up the back of the ball in a straight line
Notice how the face is almost parallel to screens and at a tangent to the ball

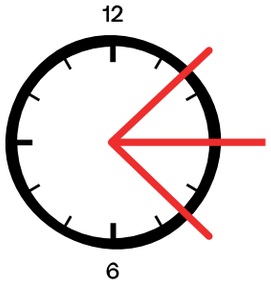




B

Use your wrist like a hinge & the paddle like an arm on a clock
Notice how the hand has hardly moved while the paddle has travelled through 90 degrees





Tips

1. You might want to start by rolling the ball with a FLAT hand - as if it's a paddle
2. Then start doing it with your paddle (remember to hold the paddle 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 paddle hand end up touching your shoulder as this means your grip is relaxed (note: the paddle face should still be roughly at the same 75-80 degree angle)
5. Then copy that exact stroke with a pickleball 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 upside down so that the screen angle is about 15 degrees off vertical. Practice "slicing" down the back of the ball
8. Volleys. Move the TopspinPro to different areas of the NVZ line and adjust the height of the ball to practice a variety of topspin volleys