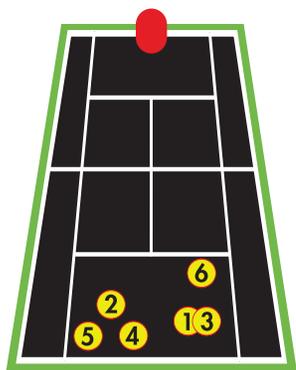


lobster pre-loaded player style drills

available on all **elite grand** and **phenom** series ball machines

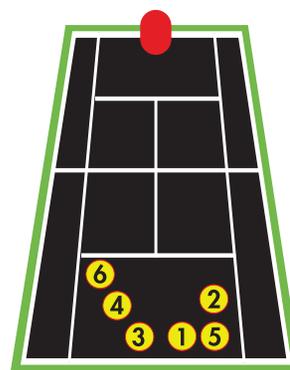


[GRINDER]

GRINDER

Practice against this physically challenging style.

The Grinder tries to wear down his opponents physically and mentally, waiting for the other player to make a crucial mistake. Utilizing the back court with different types of spin, this drill throws high, loopy, moderate spin shots that will challenge all players.

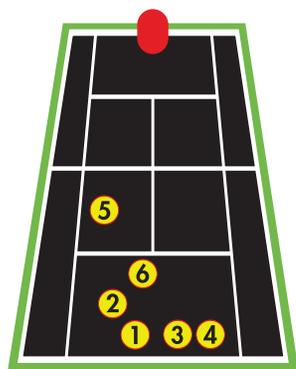


[POWER BASELINER]

POWER BASELINER

Stand tall against this player style drill known for powerful ball speed.

The Power Baseline is a player who is explosive in their shot selection, playing with pace and aggression and minimal spin. This drill exhibits an attacking style, known as "first strike" tennis, which utilizes the full back court with little spin and more ball speed.

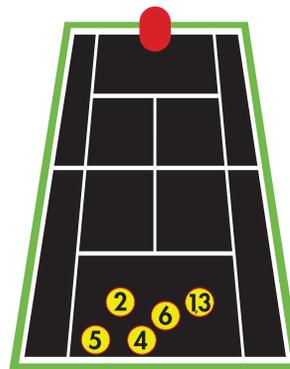


[ALL COURTER]

ALL-COURTER

Develop a well-rounded game, as you quickly learn to cover the whole court.

The All-Courter is a player type that focuses their game on tactical savvy. He/she can compete well from the baseline and will come to the net to finish points. When playing against this drill, expect a great deal of shot variety.

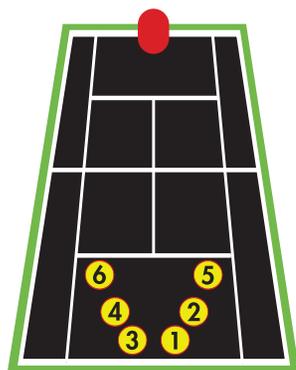


[MOONBALLER]

MOONBALLER

Master the moonballer player style!

Moonballers can be a nightmare to play against. Like slow pitch softball, the high arcing pitch looks like it should be easy to hit, but it's not! To play the moonballer, you need a combination of patience and a good midcourt swinging volley to move forwards and finish the points. Don't be afraid to move back and let the high bouncing ball drop to a more comfortable height.

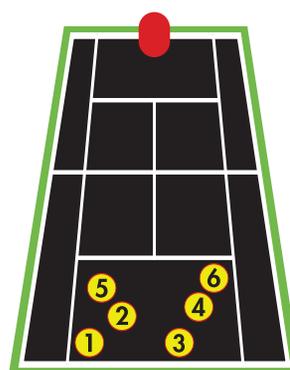


[SLICER]

SLICER

Learn to play against the "slicer and dicer".

Some of the most effective club level players are called "hackers" by their friends. These players can slice or chop their groundstrokes, keeping the ball low and hard to return. To play a "slicer" remember to bend your knees a little lower than normal, minimize unforced errors, and be ready for a long match! These players are usually very steady and will move you all around the court.



[LEFTY]

LEFTY

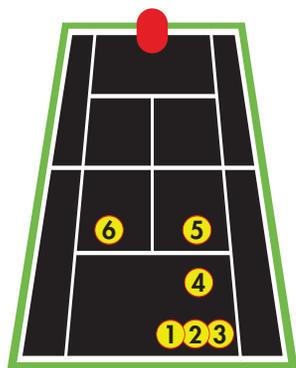
Left-handed players no longer intimidate.

For right-handers, playing a lefty can be uncomfortable. Most left-handers have strong forehands groundstrokes and strong backhand volleys. But, they often have weaker slice backhand groundstrokes and have trouble with low forehand volleys. This sequence is designed to simulate what a lefty might throw at you!



lobster pre-loaded exercise drills

only available on elite grand five, elite grand five le and phenom two ball machines

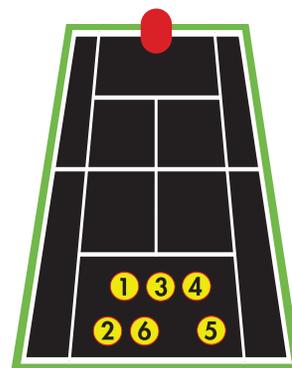


[APPROACH]

APPROACH

Emphasizes the approach from behind the baseline into the front court with balance and speed.

The Approach drill throws balls with various spins and arcs aimed for the player to approach into the court after playing an aggressive ball. This drill will promote correct approach and net position, along with the proper covering of the line.

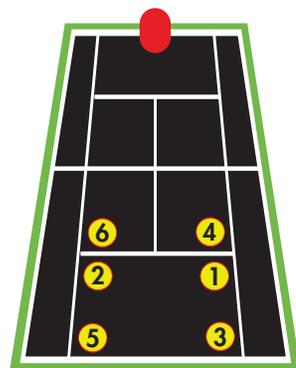


[BEGINNER]

BEGINNER

Develops consistency for beginners.

Beginners need encouragement and a success. This drill is meant to help beginners improve and build confidence. Concentrate on hitting one shot at a time and recovering to the middle of the baseline. Balls are fed into the middle of court at slow and medium speeds.

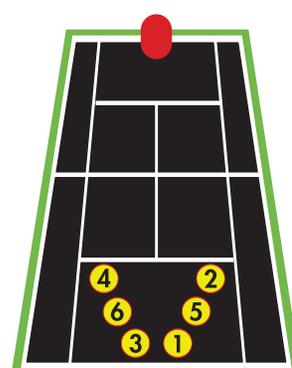


[ATTACK / DEFEND]

ATTACK / DEFEND

Learn to move in all directions from the baseline.

The Attack/Defend drill throws balls using greater ball speed and minimal spin making the player move in and out of the corners and across the baseline quickly. This will put emphasis on the mental and physical aspects needed to both attack and defend against your opponent's shots.

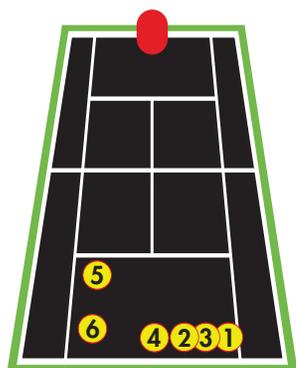


[INTERMEDIATE]

INTERMEDIATE

Improves ability to handle a variety of shots.

Intermediates need to be challenged to reach more advanced levels. This drill helps improve court coverage and execute a variety of shots. The goal for this drill is to place 6 balls behind the service line as close to the back of the court as possible.

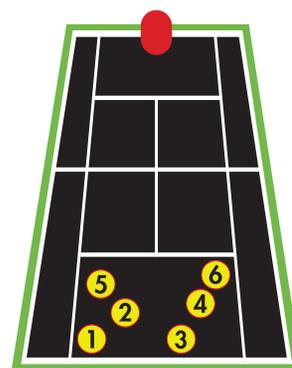


[FOREHAND PLUS]

FOREHAND PLUS

Challenges the player to maintain dominant court position by using their forehand for every shot.

The Forehand Plus challenges the player to maintain dominant court position by using their forehand for every shot. The machine throws balls with moderate topspin and more arc giving the player more time to set-up for a forehand shot. This drill will accentuate the player's dominant forehand stroke while maintaining proper court position.



[ADVANCED]

ADVANCED

Develops an "attack style" game.

Skilled players need to be challenged by pace and placement to reach even more advanced levels. This drill will develop higher shot tolerance while learning to quickly identify "opportunity" balls that can be attacked. Watch each ball's speed and placement to decide if you can move inside the court to take the ball early to go for a winner.