

Point Set Indoor Racquet Club

Point Set Indoor Racquet Club * 3065 New Street * Oceanside
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Tip of the Week

Stay low

It's one of the most-repeated bits of advice in the instructor's lexicon: "**Bend your knees.**" But why? Here are three good reasons.

1. Bending your knees helps keep the strings aligned with the

flight path of the ball longer, which increases your likelihood of making solid contact.

2. Keeping your body closer to the ground allows for better balance because your center of gravity is lower. Not only does this give you more control, it enables you to recover more efficiently.

3. Finally, bending your knees helps you cover the court better because it puts your body in the optimum position to spring into action for the next ball.