



### **South Petherton Tennis Club**

Are delighted to announce that their new Lobster Ball Machine is available for use by all adult members.

Please arrange an informal familiarising session with Matthew Shooter to learn how to operate the unit.

He's on 01460 240202 or 077024 35027

Or you can book Bruce Hall, our coach, for a formal session on how to get the most benefit out of the machine for improvements to aspect of your game.

After familiarisation, you can use the machine as often as you like without charge.

Our machine offers a huge variety of practice drills for one or two players. With lobs up to 50 degrees and a serve up to 80mph, there's lots of scope for a demanding and varied workout.

You'll be able to exercise your forehand and backhand, challenge your footwork and reaction time with triple oscillation and spin options. This machine is a real asset to the club.

The oscillation features allow the ball to arrive anywhere your side of the net, or you can set it up to mimic a particular serve to improve your return of serve.

The dual line feature causes alternate balls to be fired to either side of the court to keep two people busy, or you can practice return – volley – smash on a succession of balls.

The back and top spin options are surprisingly effective and are a demanding test of speed and skill.

### **Elite Three Triple Oscillation with Dual, Two-line Oscillation**

