

How to grip a tennis racquet

The following instructions will help you learn how to grip a tennis racquet. A racquet needs to be rewrapped when the over-grip wears out. That depends on how frequently you use the racquet.

STEP 1: Unroll the grip and remove the plastic cover from the grip.

STEP 2: Always start wrapping the grip at the bottom of the handle. (see Figure 1)



Figure 1

STEP 3: Place the grip on the racquet handle.
Hold the grip firmly with one hand with your thumb over it. (see Figure 2)

NOTE: For an easier start you can try taping the grip onto the handle.



Figure 2

STEP 4: When wrapping the grip you need to stretch it out a bit.

NOTE: Pulling too firmly might rip the grip. Make sure you don't overlap the grip too much, because you might come short at the end.

STEP 5: Slowly rotate the racquet with the hand on the handle overlapping the grip edges about 1/16 of an inch. (see Figure 3)



Figure 3

STEP 6: Once you reached the top of the handle don't let go of the grip until you tape the grip on the handle with the red tape provided. (see Figure 4)



Figure 4

Still need help?

For additional help with gripping the racquet please visit our web site at playerschoicetennis.com, or call our certified master racquet technician at 1800-824-989.

