What is Big®Hand?

- Big®Hand is a two-sided hand bat designed to encourage beginners to develop sound racket sports stroking technique in a fun manner.
- Big®Hand is best used with the Big®Hand foam ball, the characteristics of which have been carefully selected to give a slow, high bounce.
- Games with Big®Hand can be played indoors (squash courts, gyms, halls) or outdoors (schoolyards, parks, gardens, tennis courts, at the beach).
- Big®Hand is ideal in group hand-eye coordination activity sessions for children, providing fun with an in-built racket skills learning component.

Who Can Use Big®Hand?

- Anyone wanting to learn the basics of ball striking in racket sports, notably children in the age range 4 to 12 years and especially those who want to play but have limited hand-eye coordination skills.
- Players of squash, tennis, table tennis and racquetball, for all of whom the learned fundamentals are appropriate.
- Experienced players wanting to eliminate faulty stroking technique.
- People with disabilities.
- Disadvantaged groups.
- Clubs, associations and federations in their player development programmes.
- School classes and community groups.
- Social and leisure activity participants.

Why Is Big®Hand So Effective?

- Having the plane of the open hand parallel to and between the bat faces naturally generates the proper orientation of the hitting arm at the impact point.
- There is no handle so it is easy to make contact with the ball.
- Beginners learn to swing fluently on both forehand and backhand sides before progressing to learn to grip a racket handle.
- Extension of the bat faces over the wrist prevents the user from using rotation at the wrist to generate racket head speed (‘floppy wrist syndrome’).

Further Information

- **Websites:**
  - Big Hand: [www.bighandsports.com](http://www.bighandsports.com)

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