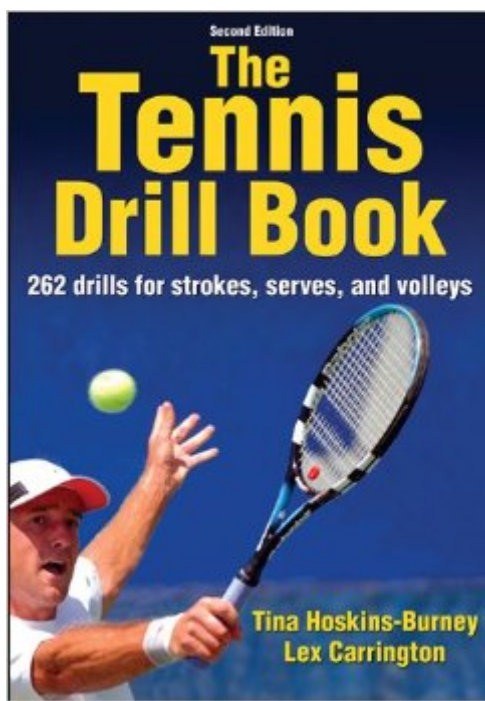


The book was found

Tennis Drill Book-2nd Edition, The



Synopsis

The world's best tennis drill book returns "bigger, better, and more comprehensive than ever. Building on the strengths of the popular first edition, this second edition of The Tennis Drill Book includes more drills, expert instruction, advice, and analysis for today's players and coaches. The Tennis Drill Book is your complete collection of drills, games, and tips for improving stroke technique, match strategy, and everything in between. Inside you will find • progressive technique drills for mastering every stroke and shot combination; • tactics drills for winning with aggressive or defensive strategies in every game situation; • mental training drills for staying focused when the pressure is on; • warm-up, cool-down, and conditioning drills for increasing speed, agility, and endurance; and • game-based drills that simulate singles and doubles match play. With insights, recommendations, and performance tips from teaching pro and former WTA player Tina Hoskins-Burney and veteran coach Lex Carrington (coach to Vera Zvonareva), The Tennis Drill Book is an essential reference that belongs in every tennis library. v

Book Information

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Customer Reviews

This book is extremely helpful to players of all ages and abilities. I played tennis in my teens and recently picked up the game again in my mid twenties. This book has helped me to refine my skills and relearn the game of tennis through numerous drills. from the basics of grip to my serve, stance, etc. The language is simple to understand and I would recommend this book to anyone who plays or would like to learn to play tennis.

My son, a high school tennis coach, thinks this is an excellent book. Recommended for both coaches and players of all ages.

Enjoyed read! Appreciate the concise, constructive, detailed tips, court diagrams, and explanation for each drill. Authors Including narratives on past and present tennis champions and tennis strategies were added bonuses.

This book has really helped me improve my technique. Very straight forward and easy to apply. Definitely recommend for anyone hoping to improve and perfect their game.

FANTABULOUS and a must have for self-made players and coaches.

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