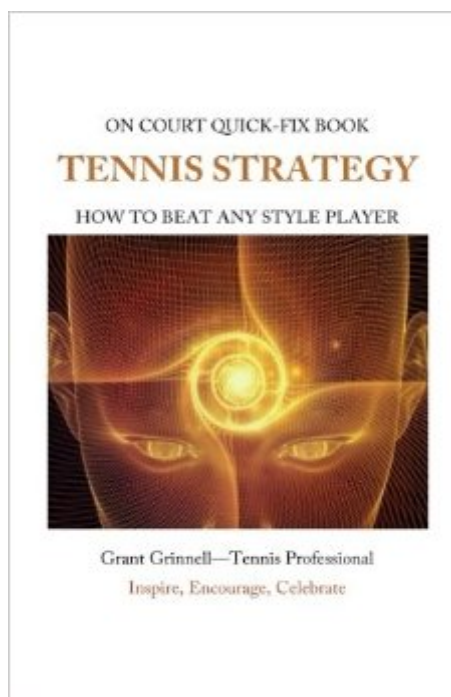


The book was found

Tennis Strategy: How To Beat Any Style Player - Quick-Fix Book



Synopsis

This (quick-fix) book gives you the tactics and mental philosophy to beat any style player, singles or doubles. The tips are pointed, cut right to the chase, are in layman's terms and summarized into powerful bullet point sections for (instant access). The book is the culmination of 38 years coaching, 50,000 hours on-court experience, years of seeking uncommon knowledge, and decades of creating the most (efficient and effective) methods to help students find their best fast! The book has 3 main sections: 1. Understanding different styles of players. 2. How to beat any style player, singles or doubles. 3. Mental toughness philosophy and mindsets. The strategy section provides potent tactics on how to beat any style player including, Singles: how to beat a big server, a great returner, aggressive baseliner, pusher, counter-puncher, hacker-slicer, and all-court player. Doubles: how to beat big serving teams, great returning teams, teams that control the net, one up one back teams, poaching teams, lobbing teams, and teams with one hot player. The mental toughness section uniquely redefines attitudes regarding winning and losing, competition, pressure, mistakes, fear, choking, and adversity to teach you how to play up to and (stretch) the upper limits of your ability. Overall, this book is tailored to save you time, improve practice sessions, free your mind and emotions from blocking the flow of your body, and give you the instantaneous tactical wisdom to consistently win!

Book Information

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Customer Reviews

This book has redefined how I approach competition in tennis and given me a new perspective on winning and losing. I currently play on three USTA teams and what I have learned in this book has transformed my game to a new level. I am more relaxed on the court and able to reach my potential

mentally and physically. It not only has great advice on tactical strategies, it addresses the mental, emotional and physical balance of competition and helped me understand how to create a positive mindset on the court during my matches and practices. I keep this book in my tennis bag and review the highlighted sections before each match. Whether you are an avid tennis player or just starting out, this book will improve your game.

This is a great book for anyone who wants to improve their games to the next level. The book has three sections: 1. Understanding Your Style and Your Opponents. 2. How to Beat Any Style. 3. Quick fix Mental toughness tools. I recommend reading the mental toughness section first since these are the areas you don't normally learn from regular tennis lessons. It totally changed how I see and approach my games. My body movement changed dramatically having a different mental state. It relaxes you, gives you more clear focus and consistency. I use this book before and after my match to improve my game mostly mentally, but also to improve my strategy. Highly recommended!

Being able to take lessons from Grant is one thing but having a book to help me work on the mental side of the game makes my game all together better. I work on improving and taking one point at a time. The game gets to you when you are playing people you feel are better. Grant teaches about concentrating on improving your mental toughness and soon you are competing with those top players. I bought several copies and plan on buying more to share. A young player I bought a copy for got special instructions from Grant and won her next match by focusing on other things besides winning. This book belongs in everyone's tennis bag to remind us tennis is a mental game.

This book is a terrific compliment to Grant's classes if you are lucky enough to get to them. I have two copies - one permanently in my tennis bag and on the kitchen table. If you move it your in trouble! Applying the information in this book has elevated my game; not only my wins, but my enjoyment of the game, enjoyment of the learning journey, discovering I can do things I never thought possible because I simply didn't have strategies for what I was encountering in matches. This book captures both the physical and mental components of the game. Its concise easy to remember format enables the strategies to come to mind under the pressure of match performance. Get this book and see what happens. Fun!

I keep this book in my tennis bag at all times, and photocopied the evaluation sheets to fill out and go over with my coach as my skills progress. Grant Grinnell understands how players at all levels

think and feel, and pinpoints challenges and how to overcome them. His approach is positive and relaxed, allowing players to put his strategies into action.

Great quick read to improve your game strategy. Clear enough for a beginner to use, with insight to help seasoned players as well. The strategies in this book on how to play singles and how to outwit power hitters helped a lot. I recently played singles against a guy who was a big hitter and the strategy had him defeated by the 3rd game of the first set then on to a final 6-0 and 6-3. Really exciting to feel the confidence in the game provided by these strategies. i•

Grant has taken a topic that many students will spend years and thousands of dollars trying to understand and execute, and put it in a booklet that easily fits in your tennis bag, amazing! You can plan practice sessions around this information as you prepare to compete. It is also an excellent guide to decide which style of play fits you best. Worth 3 times the cost. I'm a fan Rick Buren Tennis Director Harbor Square Athletic Club

As a junior champs player, this book has taught me important singles strategy and has helped me improve the mental and technical aspects of my game. Detailed descriptions of every type of player are included, along with tactics on how to beat each style of player. This is a book that you can read many times and still learn something new each time you read it!

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