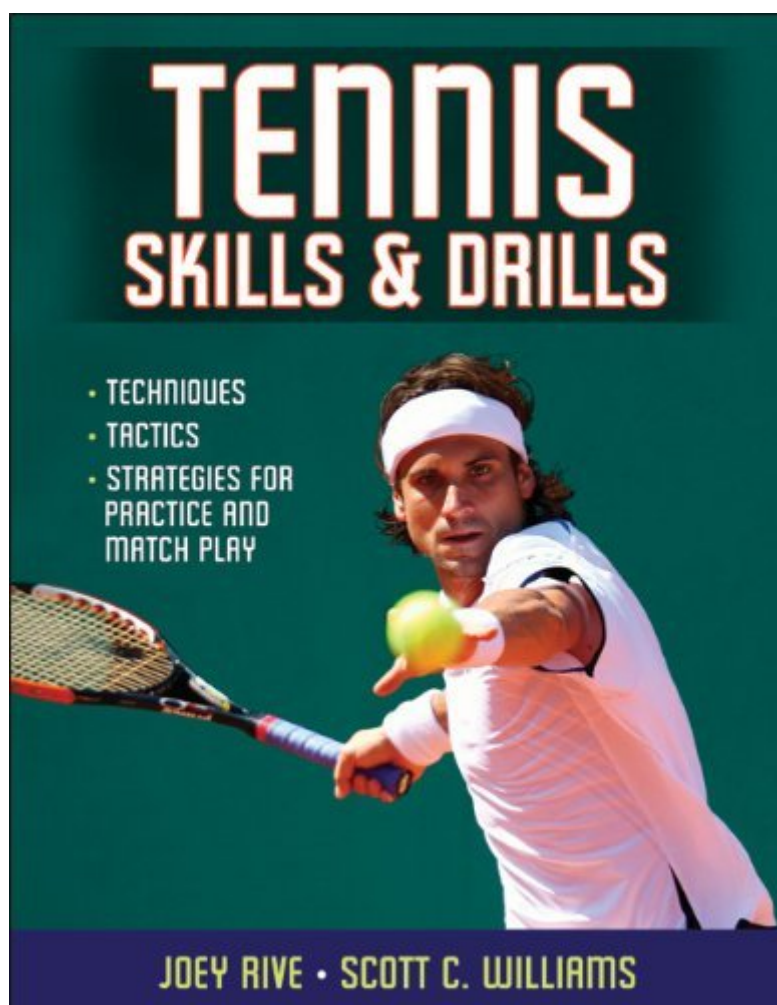


The book was found

Tennis Skills & Drills



Synopsis

Solid groundstrokes, a confident net game, a dictating serve, a sharp return game, and specialty shots for every situationâ”build your game from the ground up with the techniques and shots that are essential for success in todayâ”s versatile and powerful game. Combine that with winning tactics for singles and doubles, and Tennis Skills & Drills is your blueprint for taking your game to the next level. Start with assessing the basic techniques for the various strokes and see how you can improve your footwork, grip choices, and swing patterns. Then increase your options with spins, angles, and depth. Complete instruction for all of the strokes along with over 110 practice drills is like having your own personal coach. Since your technique is only as effective as your tactics, the book also covers the key tactical principles and game plans for maximizing your strengths while minimizing your opponentâ”s. Youâ”ll learn to prepare for, adapt to, and counter every style of play. Whether your goal is to beat your favorite playing partner or to win the next league, state, or national title, Tennis Skills & Drills is your guide to mastering the game.

Book Information

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Customer Reviews

If there was a tennis course in college, this would definitely be a required textbook. It is an incredible resource for learning the basics of tennis, different drills, and strategies. I highly recommend it for

tennis teachers or coaches, or really anyone who wants to learn about tennis. Each chapter includes a different stroke of tennis, and breaks down the different steps/elements of each stroke as well as how to hit different types of shots from that stroke (i.e. forehand--inside out, serve--slice). And there are chapters dedicated to drills which is also really nice. I don't recommend this book for someone who is trying to learn tennis by themselves, though. This is definitely not a "learn-how-to-play tennis kit" (if those even exist). It's just a good resource for teachers, or those who are trying to refresh and review their basic tennis skills.

Great title, very informative from a first class coach. It went in depth with many misunderstood concepts. Also, I really liked the fact that the book had went over many common problems and offered proper solutions to take a players game to the next level.

This book or manuel is just what i was looking for, it to the point & easy to understand. Great Work.

This is a good tennis book covering a lot of ground, including basic techniques, drills, tactics and strategies. There are some nice real life pictures to illustrate the techniques being discussed. It would have been even more useful if the authors had included more diagrams when explaining the drills/tactics. Overall still a good read and reference book.

The insights and tips were huge in changing the way I viewed the game I love. I find myself seeing the the point play out more clearly. I know where to be and what to do when I get there. GREAT asset to any tennis game.

Helpful for coaching a team or as a captain recommending drills at practice, not just playing. It offers lots of options.

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