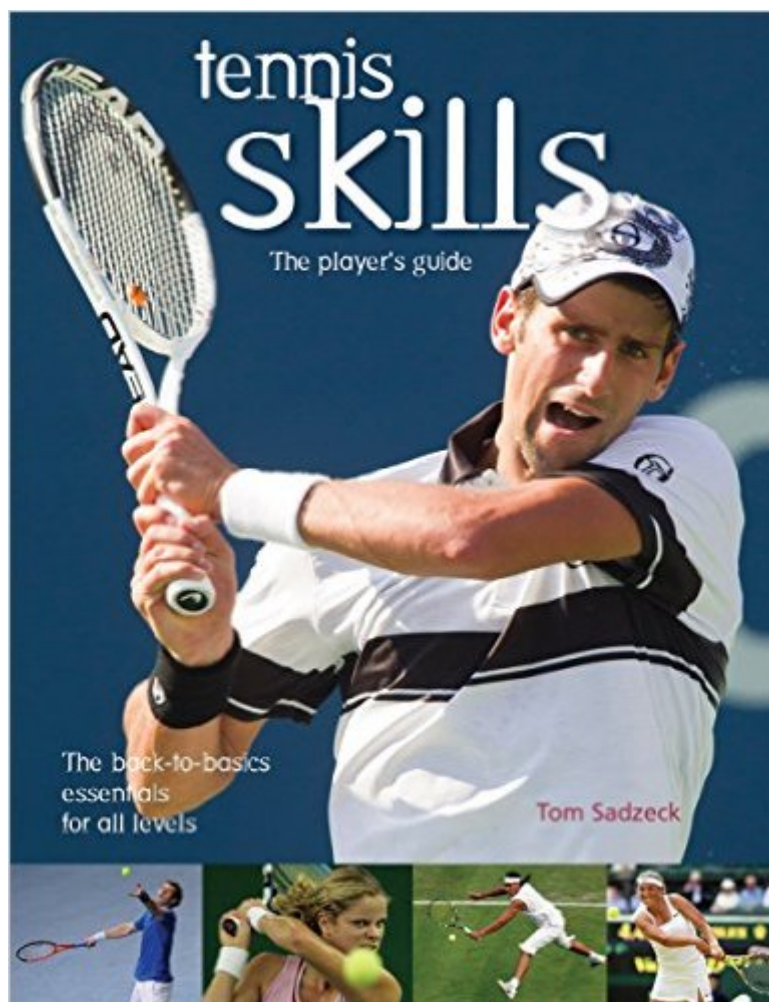


The book was found

Tennis Skills: The Player's Guide



Synopsis

Like having a personal tennis pro on call for expert coaching. Tennis Skills is an in-depth guide to improving a player's game. It features a battery of lessons designed by tennis pros that lays down a solid foundation of stroke skills and game strategy. Clear instructions and annotated diagrams provide valuable coaching and corrective techniques -- most valuable for any player. Tom Sadzeck provides an abundance of visual features to help players of all levels improve their game. Six chapters cover the game's key skill sets, from basic techniques to singles and doubles strategies. There are more than 40 drills that focus on target areas of form, strategy, coordination and footwork. Other specific instructions include: Stroke-production exercises Forehand, backhand, serve, volley, slice and other shots A breakdown of each stroke to promote consistent form Warm-up, grips, body position, footwork, targeting, follow-through Court diagrams to help players visualize a stroke's outcome How to handle game pressure. The book also features easy-to-follow sequential photographs, Master Stroke sidebars that give easy-to remember tips, Fault Finder boxes that point out common mistakes and Coach's comments that share the wisdom of seasoned pros.

Book Information

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Customer Reviews

This book is a great aid in helping your tennis level go up fast. I browsed through 10 tennis books before finding this one and believe me, this was by far the most helpful one for me!! This book is based on visual learning. All of the techniques, drills and excercises are photographed, lending you an easy visual reference for the do's and dont's of the game. The book is divided in six chapters covering the different skills needed to improve all the aspects of your game. From the basic

techniques (forehand, backhand, serving, volleys, slices, etc.) to singles' and doubles' drills to work on your footwork, targeting, strategy and pressure-handling. It is a GREAT book for beginners and recreational players. More seasoned players can still get several good tips and strategies to improve their game by going back-to-the-basics. I fully recommend this book. If you are thinking about buying a book to help you improve your tennis skills and take you to the next level, this is it!! You will thank Tom Sadzeck for helping you improve your gameplay.

My coach said "nice backhand slice". I said I got it from a book. I learned a sweet and powerful one-handed backhand from this book, also, and today a tennis friend asked where I learned that stroke since I have hit two-handed for years. This book is modern and it's easy to take what you read to the court to practice.

What make this book great are the excellent illustrations. You learn the basics of winning along with the tactical illustrations. As a seasoned player, of lot of the lessons, I already knew from watching Youtube and other books, but I can use it to teach my grand children.

This book is great! Especially for beginners, and those who wan to check their form. The book has a lot of information , from the different type of strokes and how to perform properly, to terminology used in tennis. Also for those who are barely starting tennis just like me, it also contains drills for solo training against the wall to improve stokes consistency and accuracy.

Easy to understand and follow. Great reference for a beginner/intermediate player. The illustrations are very good.. I would recommended this book to anyone interested in perfecting their game.

What An Awsome book! Specialized for beginners to intermediates, or for anyone wanting work on different stroke techniques. Awsome tennis book

I liked the pictures and the drills , they brought tennis into living color. Do you have at least twenty or more copies for my classes.?

Great book for learning Tennis! I'd suggest this book to anyone wanting to learn the game and or improve there game.

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