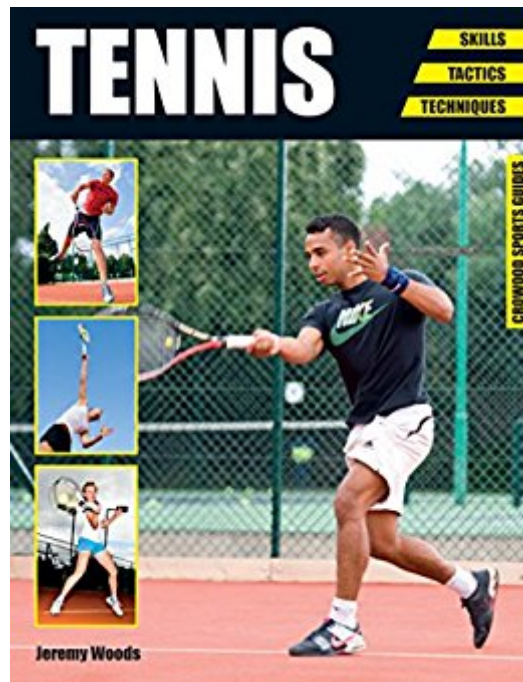


The book was found

Tennis: Skills - Tactics - Techniques (Crowood Sports Guides)



Synopsis

Tennis - Crowood Sports Guides is the perfect tool for anyone wanting to improve their performance, from beginners learning the basic skills to more experienced participants working on advanced techniques. This no-nonsense guide will give you that all-important advantage. Contents include: detailed full-colour photographic sequences showing you how to play each shot correctly; expert advice on your footwork and balance; positional and stroke tactics; what grip works best for you; choosing the right clothes and equipment; how to treat injuries and how to avoid them; eating properly and staying hydrated and, finally, how to prepare physically and mentally for competition. Superbly illustrated with 183 full colour photographic sequences and 21 diagrams showing how to play each shot correctly.

Book Information

File Size: 26707 KB

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Customer Reviews

This is so elementary and juvenile. What a waste of bytes and dollars!

This is a very helpful book. Jeremy is a good player (world ranked veteran). However, the book is based on his experience teaching tennis at weekends on Clapham Common(I am a pupil). I can

recommend the book strongly.

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