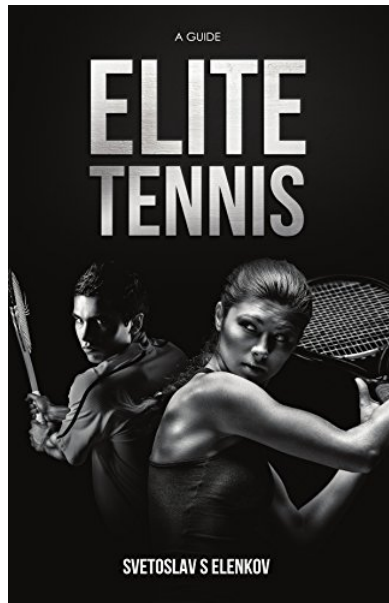


[Free PDF File] Elite Tennis: A Guide



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If you seek to achieve the very best in the sport of tennis you'll find in Elite Tennis the most important lessons, tips, and perspective that a player will need on that journey. Based on years of experience as a player, and later a teacher of the game, Svetoslav Elenkov answers the question all competitors ask at some point: How do I become a Great tennis player? In this book he'll go over, in depth, his Principles: Starting young Learning the learning process---technique, awareness, control Communication between you and your body Fitness & diet The periodization of Peak performance Discipline and consistency in making time. And to break it down into further detail, Slav gives first-hand, professional advice on: How much, where and what you should practice Specialized areas like strategy for singles & doubles Tournament preparation and environmental awareness Monetary costs throughout The passion to endure And personal anecdotes: 'Lessons from the Tour'.

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