



Tennis Skills: The Player's Guide (annotated edition)

By Tom Sadzeck

Firefly Books Ltd. Paperback. Book Condition: new. BRAND NEW, Tennis Skills: The Player's Guide (annotated edition), Tom Sadzeck, 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...



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Reviews

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