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MASTERING YOUR TENNIS STROKES

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VOLLEY - Jimmy Connors



Mastering Your Tennis Strokes

Larry Sheehan

Mastering Your Tennis Strokes:

Mastering Your Tennis Strokes ,1976 *Mastering Your Tennis Strokes* Larry Sheehan,1977 **Master Your Tennis Game** Ken DeHart,2019-11-19 Get the advantage mental strategies for acing tennis Get your head in the game Master Your Tennis Game serves up quick mental techniques tactics and tips for boosting your overall performance and beating your opponents Train your brain and be the best tennis player you can be Concise fun and easy to read this book offers 50 practical and actionable methods that show you how to stay calm and concentrate during any tennis game Even if your rival is tough competition outsmart them with these targeted mental approaches Master Your Tennis Game includes Streamlined strategies From choosing your mood music to analyzing your opponent s play style apply these easy to understand tactics to your tennis game right away Overpower any opponent Find techniques for beating common play styles including aggressive baseliner left hander and more Popular player profiles From Serena Williams to Roger Federer learn all about your favorite tennis pros and their strategies too The ball is in your court Focus your mind and win the match with these highly effective mental strategies for honing your tennis skills Mastering Your Tennis Strokes Charlie Pasarell,Larry Sheehan,1977

Mastering Your Tennis Strokes Outlet,Outlet Book Company Staff,Random House Value Publishing Staff,1988-12-01 Mastering Your Tennis Strokes Arthur Ashe,1978-03-01 Five world class players including Ashe Okker and Roche provide expert instruction in the development and applications of the five basic strokes in which they excel *A Guide to the Literature of Tennis* Angela Lumpkin,1985-11-19 This comprehensive guide covering the entire spectrum of tennis subjects lists and evaluates more than 950 English language books and over 150 tennis films and videotapes Among the subjects treated are rules and techniques of play histories of the game biographies and autobiographies of champion players psychological approaches to improving one s game advice on matters of fitness physical conditioning and rehabilitation of tennis related injuries the construction and maintenance of tennis courts tennis in schools and recreational settings the administration of tournaments tennis equipment the traveling tennis player tennis humor and tennis films and videotapes **Tennis Mastery** David W. Smith,2004 Two-Handed Tennis Jeffrey F.

McCullough,1986-09-15 Chris Evert Jimmy Connors Kathy Rindaldi Mats Wilander all of these top players have incorporated two handed shots in their tennis game with astounding success Here are proven techniques and step by step instructions for hitting the full array of two handed shots to achieve your best winning game Two Handed Tennis by tennis instructor Jeff McCullough contains photographs diagrams and detailed explanations that show you how to achieve all the benefits of two handed tennis greater control greater power greater versatility and reduced injury **Biomechanics of Sport** Christopher L. Vaughan,2020-08-17 This informative text features current and thorough reviews of the biomechanics of sport for improved performance etiology and prevention of injuries Winter sports and aquatics are covered with an emphasis on developing training programs for ski jumping alpine and cross country skiing Other sports featured include modeling

perspectives in speed skating swimming and the mechanics of rowing and sculling Track and field athletics ball games weight lifting and training are examined in terms of performance safety and research methodology Sports scientists and sports medicine specialists will find this book invaluable **Tennis For Dummies?** Patrick McEnroe,Peter Bodo,1998

Tennis is a sport for a lifetime It really is a game that you can enjoy long term both as a player and a spectator Played all over the world on surfaces ranging from concrete to clay the game of tennis is exciting to watch and even more fun to play

Whether you're an adult looking for a new challenge or a parent starting your kids off Tennis For Dummies provides a terrific introduction to the sport It doesn't matter if you're young or old if you who want to start playing the game of tennis but don't have the motivation or information to do so this book can show you the way If you're already into the game you'll find out how to take your skills to the next level This easy to understand guide will introduce you to the basics of the game and show you what it takes to improve each time you step on the court Tennis For Dummies also covers the following topics and much more Equipping yourself with the right apparel racket and accessories Polishing your strokes from your serve to lobs

Finding out how the game is scored Shaping up with physical conditioning Dealing with common tennis injuries such as shin splints and tennis elbow Sharpening your mental game Exploring the finer points of tennis etiquette both on the court and in the stands Discovering how to find the best tennis instructor for you Whether you're interested in playing singles or doubles on hard court or clay Tennis For Dummies will inspire you get out on a court and play Featuring detailed photos illustrations and court diagrams this book can help you discover how the game of tennis is played and show you how to get the most out of yourself each and every time you pick up a racquet **Tennis Strokes and Tactics** John Littleford,Andrew

Magrath,2009 Presents a completely unique approach to learning tennis From serves strokes and volleys to smashes and lobs tennis strokes are demonstrated from five angles **Master Tennis** RD king, Discover the untold winning strategies and techniques Get All The Support And Guidance You Need To Be A Success At Tennis Tennis is a very popular game and it is played by many different types of people from all over the world Tennis is played by young people older people and those that are in between People of different skill levels enjoy the sport and there are people who actually make a lot of money from playing tennis professionally Tennis is a great way of having fun when you have some extra time on your hands It can also be a great form of exercise This probably contributes to why tennis is so popular It is a very fun game that can also help you to stay in shape Another great thing about tennis is the fact that it can be played either in or out doors This can come in handy when there are days that you would like to play but the weather is poor outside This offers tennis players the opportunity to have a great time playing tennis anytime There are rules that should be followed when you play tennis in order to make sure that the game is played fairly and correctly There is also some gear that you are going to need to get if you want to get in to the sport Luckily there will not really be all that much that you have to purchase Tennis can be quite challenging There is much more to playing the game than just simply swinging a racquet at a tennis ball There are different types of spins and

different types of swings that can be used The following chapters of this book will go over the basics of tennis and will provide you with some helpful tips that should improve your tennis game What is so interesting about Tennis Things You Need to Know about the Court How to Choose the Right Racquet Familiarize Yourself with Tennis Rules Learning the Basic Strokes The Importance of Grips Working on the Perfect Swing Practicing the Right Spin **Teaching Tennis--the USTA Way** Lawrence Tabak,1991 **The Sportswoman** ,1927 American Lawn Tennis ,1909 *The Tennis Sourcebook* Dennis J. Phillips,1995 Contains an unprecedeted amount of information sources on the sport of tennis its personalities as well as its rich and colorful history Journal of Health, Physical Education, Recreation ,1963 *The 'House' on sport, by members of the London Stock exchange, ed. by W.A. Morgan* William Alphonse Morgan,1898 **The "House" on Sport** William Alphonse Morgan,1898

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