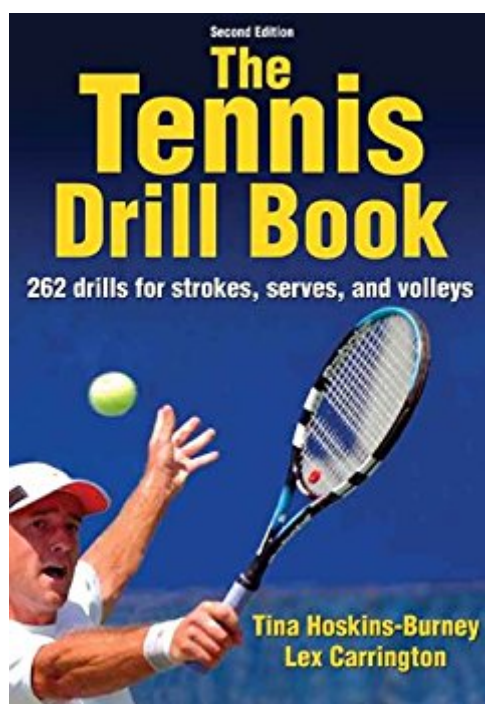


The book was found

The Tennis Drill Book, 2E



Synopsis

The Tennis Drill Book covers every aspect of the game, with the best drills for groundstrokes, volleys, serves, returns, singles and doubles play, offensive and defensive strategy, and conditioning. More than 260 drills and games to ace the competition!

Book Information

File Size: 2383 KB

Print Length: 296 pages

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Nonfiction > Sports > Racket Sports > Tennis #259 in Books > Sports & Outdoors > Individual Sports > Tennis

Customer Reviews

This book is extremely helpful to players of all ages and abilities. I played tennis in my teens and recently picked up the game again in my mid twenties. This book has helped me to refine my skills and relearn the game of tennis through numerous drills. from the basics of grip to my serve, stance, etc. The language is simple to understand and I would recommend this book to anyone who plays or would like to learn to play tennis.

My son, a high school tennis coach, thinks this is an excellent book. Recommended for both coaches and players of all ages.

Enjoyed read! Appreciate the concise, constructive, detailed tips, court diagrams, and explanation

for each drill. Authors Including narratives on past and present tennis champions and tennis strategies were added bonuses.

This book has really helped me improve my technique. Very straight forward and easy to apply. Definitely recommend for anyone hoping to improve and perfect their game.

FANTABULOUS and a must have for self-made players and coaches.

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