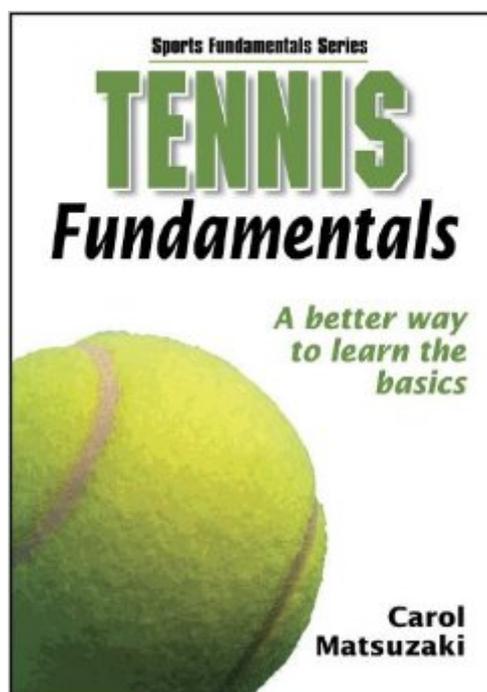


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# Tennis Fundamentals (Sports Fundamentals)



## Synopsis

Learning to play tennis has never been easier or more fun than with Tennis Fundamentals. Recreational athletes will enjoy using this resource because they will learn by doing, spending less time reading and more time on the court. With explicit yet succinct instructions and accompanying photographs, this book makes it easy for students to get right into the game. Tennis Fundamentals covers the essential skills of the game with chapters on grips, footwork, forehands, backhands, lobs, volleys, overhead smashes, drop shots, the serve, and return of serve. It also covers tactical approaches for both singles and doubles play, as well as scoring, equipment, and etiquette. It's the complete guide to being able to participate on the tennis court right away. Each chapter teaches a specific skill, leading the student through a simple, four-step sequence: -You Can Do It: The skill is introduced with sequential instructions and accompanying photographs. -More to Choose and Use: Variations and extensions of the primary skill are covered. -Take It to the Court: Readers learn how to apply the skill in competition. -Give It a Go: Several direct experiences like drills and practice games help speed the learning process and make practice more interesting and productive. Writer Carol Matsuzaki teaches beginning through advanced tennis classes at the Massachusetts Institute of Technology. She's also the head coach of the MIT women's team. In this book she combines her instructional and coaching abilities to get players up to speed and into the game quickly. Part of the Sports Fundamentals Series, Tennis Fundamentals teaches the basic skills and tactics to help readers participate in the sport quickly and have fun doing so. v

## Book Information

Series: Sports Fundamentals

Paperback: 152 pages

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Average Customer Review: 4.2 out of 5 stars See all reviews (11 customer reviews)

Best Sellers Rank: #253,599 in Books (See Top 100 in Books) #97 in Books > Sports & Outdoors > Individual Sports > Tennis #112 in Books > Sports & Outdoors > Racket Sports #33758 in Books > Health, Fitness & Dieting

## Customer Reviews

It was for my beginner tennis class. The pictures were clear and great for explaining things. It also explains the rules and a couple more advanced points. It's a good book for beginners if you check it out at the library(?) and skim through it quickly. I think it's a great place to start if you don't know anything about tennis. It's short enough to go through it briefly so you can actually get onto the court.

Sports exercises and games can be difficult to explain, but Matsuzaki does an excellent job of describing tennis exercises. Her writing style is clear and straightforward. Matsuzaki has given me an arsenal of fun and skill-building tennis activities. My personal favorite: The Pick Line Game (p. 81).

My Dad (85 years young) checked this out at the library and told me it was the best book on Tennis that he had read. He said the directions are easy to follow and there are clear photos to show the instructions. So, I decided to buy it for him as a gift.

Used for a high school tennis class. Provided good details on basics of the game.

I would have had a better practical use for this book with my new players if it went into greater detail in the point, game and set details of scoring.

Easy to follow and helpful steps to remember. Good illustrations. Gave it as a gift to a friend who is a 3.0 and ready to improve.

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