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# Tennis: Tennis Strategies: The Top 100 Best Things That You Can Do To Greatly Improve Your Tennis Game (The Best Strategies Exercises Nutrition & Training For Playing & Coaching The Sport Of Tennis)





## Synopsis

Are you tired of losing on the court? Does your blood boil each time you mis-hit the ball? Whether you want to (1) improve your playing technique, (2) get solid conditioning and training advice, or (3) just win more and have more fun, then this is the book for you. Is your tennis game less than a smashing success? Whether you're just beginning to play or you're doing competitions, you'll find practical help in this book for every aspect of your tennis game. Forehands, backhands, the serve, and the overhead smash: all are described in full detail so that you can easily start practicing the correct techniques. Discover what's holding you back and correct it. Tennis is so much more fun when you are playing the correct way. Get a grip on your success and see how easily you can play better and enjoy the game more! The foundation of successful tennis playing begins with getting a grasp on your racquet, quite literally. In this book you will find descriptions for each basic type of tennis grip, including strengths as well as weaknesses, and you will discover how to use each to your advantage. Straightforward instructions and practice exercises enable you to master the grips that will lay the foundation for effective playing. Master your grip and you will be well on the road to success. Consistently take the shot with confidence. Learn to use your stance, the pivot, full extension, and accurate timing to your advantage. Each aspect of both forehand and backhand hitting is described simply, so you can easily know how to hone your playing technique. Perfect each of the six actions that take place when you serve. and gain a new edge on your opponents. Use easily-mastered practice exercises to strengthen your playing, so you'll be able to shine when you play for real. Sharpen your playing strategies and boost your mental focus. Whether you're hitting the court with friends or work colleagues, playing at your local tennis club, or competing in tournaments, tennis becomes even more enjoyable when you have a reliable technique and strategies that help you control the game. Take advantage of highly effective recommended playing strategies. I have also provided a host of conditioning exercises that you can use to hone your physical strength and endurance. At the same time, you will discover more than 30 practical strategies from which you can glean the best mental fitness training out there. What will you learn about tennis? The secrets of the tennis grip and how it can dictate the type of shots you can make. The best foods and supplements to take for better game play. How to dominate your opponents with a powerful and reliable forehand shot. How to hit a fearsome backhand, just like the professionals. How top-spin can give you a competitive advantage. You Will Also Discover: How to develop a powerful serve. How to stay physically fit and at the top of your game. Strategies that give you the edge in doubles play. Psychological strategies that will allow you to dominate your opponents. Find out how far your game will take you. Play Better: Click the BUY NOW button at the

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## **Customer Reviews**

The hardest thing about sports is breaking in for the first time. It can be really intimidating if you're a newcomer since you need friends to teach you how to play. However, this book will help you overcome this beginner's hurdle. You'll be able to step into tennis court knowing that you have all the basics down-pat. Of course, the best part about this book is that it helps tennis aficionados too. There's chapters upon chapters of good stuff that will help you perfect your tennis game. If you like tennis, want to like tennis, or want to get someone else to like tennis, buy this book! With the amount of information inside, it's a complete steal for the value!

This book gives you every strategy you need to play good tennis and includes strategies on playing the game and strategies for preparing for the game. It starts out with mental and nutritional strategies and proceeds to holding the racket, different shots, serving, volleying, doubles playing and ends with different exercises and training ideas that will make your game better. These mental strategies should help you to prepare for the game. They include visualizing the ball and seeing in your mind's eye how you want to play. It stresses focusing on your goal and making that goal

attainable so you do not become discouraged. The book discusses distractions and how you can avoid them so you keep your concentration on the game. It stresses being optimistic so that you concentrate on positive aspects of your game rather than the negative ones. It also teaches you to face fear and rejection and how to develop good habits when playing tennis. There is so much to this chapter it would take too much room to explain it. The book explains why you want to eat carbs, protein and even fat for energy. It explains what foods to eat and what to stay away from in preparation for a game. It stresses getting enough sleep and avoiding caffeine. There is even a list of good foods. Now for the game. The grip on the racket is discussed in detail from why it is important to how you hold the racket. It explains the different types of grips you can use in the game. It discusses the forehand shot and backhand shot in easy steps. The book explains the serve and the volley and how to master them in detailed steps. Playing doubles and what you should and should not do is presented. That is a lot of information but there is even more about workouts that will help your game with specific exercises, and suggestions for if you are injured and have to recover before playing again. The book explains everything about tennis.

Tennis, The 100 Top Best Things You Can Do To Improve Your Tennis Game the perfect book for information on how to improve your tennis game. The author will provide you with basic and advanced strategies that you can use to perfect your game - no matter your current level. In Chapter 1 Ace McCloud explains explains some of the mental strategies you can use to improve your tennis game. This was my favorite chapter as it offers up some great advice like, "Stop, Negative Thoughts", "Get to Know Yourself" and "Be Optimistic". He goes on with very detail oriented chapters such as, Your Grip, Playing Forehand and Backhand shots, The Serve, Hitting the Volley and so much more! This book even contains a lot of information on staying healthy and getting good exercise to help you in your game but also in life too. Before reading this book I barely knew anything on the game of tennis. After reading Tennis Strategies and The Top 100 Ways To Improve, I feel like I have all the information to implement the skills and strategies I learned to challenge my friends to a tennis game. It will be fun to use what I have learned here to master my tennis game. This book has everything you need to know plus more! 5 stars!

If you are trying to polish up on your tennis skills, this is the book for you. Whether you are looking for the best way to grip your racket, how to serve, or how to be fit for tennis, this book has it all, in in-depth details that will prove to be effective against an opponent. First discover how to grip in the best way possible, for the perfect shots-- no matter what they are. Next, you will find tips about

forehanded and backhanded shots that are extremely helpful and will help improve your game greatly. I find that the serve is a very important aspect of the game, and McCloud proves himself as a great resource for tips and guides on the best serve. These are only the basics that this book contains however, and I would highly recommend the download!

This book was excellent at providing helpful, informative tennis strategies and it is filled with advice to improve your game. The author covers many areas and I really enjoyed the chapter that looked at the best mental strategies to employ and how they can help. The nutritional advice and 10 foods for tennis players were very enlightening, while the advice on your grip was tremendous and each one clearly explained. Furthermore, there are also some interesting exercises and recovery tips for tennis players too. What I enjoyed most was the chapters that focused on different shots. My backhand and serving game are my weakest areas and the advice for all of them was detailed and easy-to-understand. I highly recommend this book for anyone who plays or who would like to get into playing tennis as there is so much helpful and clear advice to improve your game or just as a launching pad.

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