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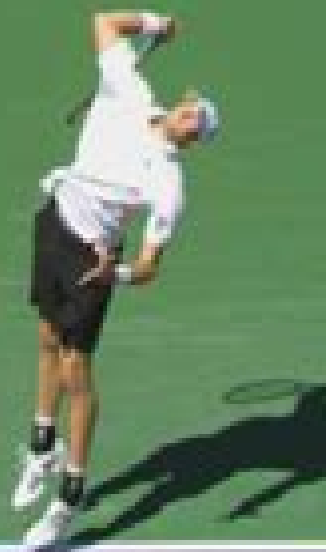
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Skills Drills Strategies For Tennis

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choose the right equipment serve and return serves use proper footwork and get into position practice more efficiently prepare for competitions make effective strategy decisions in singles and doubles play and condition your body for optimal performance

Tennis Skills & Drills Joey Rive, Scott C. Williams, 2011-11-10 Solid groundstrokes a confident net game a dictating serve a sharp return game and specialty shots for every situation build your game from the ground up with the techniques and shots that are essential for success in today's versatile and powerful game Combine that with winning tactics for singles and doubles and Tennis Skills Drills is your blueprint for taking your game to the next level Start with assessing the basic techniques for the various strokes and see how you can improve your footwork grip choices and swing patterns Then increase your options with spins angles and depth Complete instruction for all of the strokes along with over 110 practice drills is like having your own personal coach Since your technique is only as effective as your tactics the book also covers the key tactical principles and game plans for maximizing your strengths while minimizing your opponent's You'll learn to prepare for adapt to and counter every style of play Whether your goal is to beat your favorite playing partner or to win the next league state or national title Tennis Skills Drills is your guide to mastering the game

The Tennis Drill Book, 2E Hoskins-Burney, Tina, Carrington, Lex, 2014-02-12 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

Women's Tennis Tactics Rob Antoun, 2007 Tactical serving Tactical returning Playing the baseline Playing the net Opposing the net player Developing a game style

Nick Bollettieri's Tennis Handbook-2nd Edition Bollettieri, Nick, 2015-09-30 Nick Bollettieri's Tennis Handbook Second Edition is the most comprehensive guide to learning and teaching tennis from the sport's most successful coach Covering stroke techniques strategies skill development conditioning and mental training this book allows you to train with a true master teacher and apply the system used in coaching 10 top ranked players in the world

114 Tennis Strategies, Mental Tactics, and Drills Improve Your Game in 10 Days Joseph Correa, 2013-07-03 114 Tennis Strategies Mental Tactics and Drills Play Like a Pro By Joseph Correa Learn how to uncover mental and physical skills you never thought you had The best strategies in the game and the best drills to develop your game to the next level Simply start reading and putting into practice what you learn What all the best tennis pros in the world know but don't share Now you can have this privileged information in your hands Black and white version It is said that winning in tennis is 80-90% MENTAL Just take into account that key points in a tennis match such as match point game point break points and set points are all crucial situations that can decide the outcome of any particular competition SO WHY DO MOST PEOPLE SKIP MENTAL TRAINING Take into account that on average a tennis match lasts 1 hour and 30 minutes Focusing for such an extended amount of time is not easy task but with the right concepts and ideas to get you there things will become more obtainable Start reading and putting into practice the concepts and ideas provided in this book so that you can get the most of your game and win more

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Science and Application of High-Intensity Interval Training Paul Laursen,Martin Buchheit,2019-01-02 The popularity of high intensity interval training HIIT which consists primarily of repeated bursts of high intensity exercise continues to soar because its effectiveness and efficiency have been proven in use by both elite athletes and general fitness enthusiasts Surprisingly few resources have attempted to explain both the science behind the HIIT movement and its sport specific application to athlete training That s why Science and Application of High Intensity Interval Training is a must have resource for sport coaches strength and conditioning professionals personal trainers and exercise physiologists as well as for researchers and sport scientists who study high intensity interval training Authors Paul Laursen and Martin Buchheit both well known expert level HIIT researchers as well as practitioners and endurance athletes do a masterful job of blending science based concepts of HIIT with practical application strategies Laursen Buchheit and a team of highly qualified contributors who bring hundreds

of years of combined HIIT science and application experience from across all sports have written Science and Application of High Intensity Interval Training to provide practitioners and athletes an understanding of the foundational principles of HIIT programming Chapters in the first section describe five types of training how to manipulate HIIT variables to maximize improvements in physical performance and how to incorporate HIIT into a general training program Readers will also learn the influence HIIT can have on fatigue stress and an athlete's overall health The final 20 chapters each focus on a different sport and are written by leading coaches or practitioners who have successfully applied HIIT principles at an elite level in their respective sport These chapters describe specific ways to incorporate HIIT into a training regimen for everything from combat sports to endurance events to the most popular U S and international individual and team sports Each chapter also contains sport specific preparation and competition phases an overall one year training program and a brief story of how the coach or practitioner who authored the chapter used HIIT to successfully prepare an athlete for a competition Knowing the proper ways to incorporate high intensity interval training into a fitness or conditioning program is of vital importance Not following proper protocols can lead to excessive and prolonged fatigue illness or injury Science and Application of High Intensity Interval Training is an essential guide for those who want to incorporate HIIT into their own training or their athletes programming Earn continuing education credits units A continuing education course and exam that uses this book is also available It may be purchased separately or as part of a package that includes all the course materials and exam

How to Master Tennis: A Comprehensive Guide Stephen Holiday, Unlock your full potential on the tennis court with How to Master Tennis A Comprehensive Guide This essential manual offers a step by step approach to mastering the game suitable for beginners intermediate players and even seasoned pros looking to refine their skills From understanding the rich history and fundamental rules of tennis to learning advanced techniques and strategies this book covers it all Delve into chapters dedicated to perfecting your forehand backhand serve and volley and discover the secrets of mental toughness physical conditioning and match play tactics Enhance your performance with expert advice on nutrition recovery and the latest in tennis technology Whether you aim to dominate your local league or aspire to go professional How to Master Tennis provides the comprehensive guidance and insights you need to elevate your game Equip yourself with the knowledge and skills to become an amazing tennis player and enjoy the journey of continuous improvement on the court Get ready to serve rally and win like never before

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