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Tennis And How To Improve Your Game Activology

Joseph Correa



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54 Tennis Drills for Today's Game Improve Consistency and Power By Joseph Correa *Winning Singles Strategy for Recreational Tennis Players* Gerry Donohue, 2016-05-26 This book is not about how to hit the tennis ball It's about where to hit the ball when and why It focuses on playing tennis strategically which is the quickest and best way to raise your game to the next level For recreational players developing a strategic approach to the game is the single most transformative step you can take In this book you will learn how to take advantage of the strengths in your game how to minimize your weaknesses and how to attack your opponent's game Most tennis players start by focusing on the mechanics of their strokes That makes sense If you can't hit the ball over the net and inside the lines the rest doesn't really matter Later when you're hitting the ball well it's fun to keep working on your shots All tennis players love to hit the ball Unfortunately stroke improvement has a diminishing return Early on you improve rapidly but then the pace levels off It can be frustrating to work week after week month after month and not see any progress Developing your strategic understanding of the game completely changes that dynamic It's difficult to exaggerate how much focusing on strategy can improve every aspect of your game At first glance tennis is a marvelously simple game All you have to do is hit the ball over the net and inside the lines

one time more than your opponent does and you win the point Do that often enough and you win the match In truth however tennis is endlessly complex That s why it becomes a lifetime passion for so many of us It s a demanding amalgamation of muscle memory hand eye coordination geometric understanding stamina and split second decision making Adding another layer of complexity most of us model our games on professional tennis players We see them win points by smacking the ball off the back going for the lines serving aces and hitting topspin lobs from outside the doubles alley We want to play like that The catch is we don t have unbelievable hand eye coordination and don t practice eight hours a day Is it any wonder then that about 80 percent of points in a recreational match end with an unforced error That s right Eight out of 10 points and often more end because you or your opponent hit the ball into the net or outside the lines When we come out of top in a match we like to think that we won It s probably more accurate to say that we didn t lose At the core of strategic success at the recreational level is reducing unforced errors Cutting them by just one or two per set can lead to an exponential leap in matches won This book are filled with strategies and tactics that you can adopt and adapt to improve your game You don t need to apply all of them use only the concepts that work for you If altering the strategies better suits your game go for it Playing strategically will make your game more consistent You ll become a better competitor and you ll have more fun

The Best Tennis of Your Life Jeff Greenwald,2007-11-27 Play with Freedom And Win More The Best Tennis of Your Life is an inspirational and practical guide that will help players of all levels finally master the mental game Author Jeff Greenwald draws from his unique background as a world class player sports psychology consultant psychotherapist and former coach to provides 50 specific tools you can immediately apply in any match situation This comprehensive guide will show you how to Embrace nerves and play even better under pressure Maintain confidence to win more consistently Develop a pin point focus Access an ideal level of intensity Play with a renewed sense of passion and freedom Why wait any longer to play the best tennis of your life Get the mental edge with this invaluable resource and watch your game soar PLAY BETTER TENNIS IN TWO HOURS Oscar Wegner,Steven Ferry,2004-12-15 Can tennis really be this simple Just ask the dozens of world class players who have made it to the top using Oscar Wegner s groundbreaking approach But if playing tennis isn t so easy for you if you never seem to play up to your potential don t blame yourself blame the coach who taught you a lot of uselessly complex techniques Play Better Tennis in 2 Hours is your guide to tennis as the pros play it more intuitive more fluid and more fun World renowned tennis coach and ESPN commentator Oscar Wegner shows you how to focus your efforts on one thing hitting the ball correctly Your own natural athleticism will take care of everything else Follow the simple drills in this power packed handbook and you ll learn how to Move to the ball efficiently and fluidly Stop worrying about foot position and stance Hit every stroke harder and more accurately Put a wicked topspin on your forehand Master both one and two handed backhands Combine control and power on your volleys Put more speed and spin into your serve and more punch in your return Known and respected all around the world Oscar has given us another great contribution to tennis with this book

Gustavo Kuerten three time French Open champion Oscar has broken the mold demystifying the modern tennis stroke There s genius in his analysis of pro techniques the dynamics of what the racquet does to the ball how power and spin are added He understands how top pros really stroke the ball and always have all the way back to Tilden Andy Rosenberg Director for NBC Sports Wimbledon and French Open

The Inner Game of Tennis W. Timothy Gallwey,1974 *Mind, Set, and Match* Linda K. Bunker,Robert J. Rotella,1982

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Game-Set-Match: A Tennis Guide James E. Bryant,2012-08-14 Cengage Learning Activity Series From aerobics and yoga to bowling tennis weight training and more Cengage Learning offers a complete line of activities texts to meet your teaching needs Written for individuals of all skill levels and backgrounds the Cengage Learning Activity Series goes beyond the mere fundamentals showing students how to improve excel and simply get more enjoyment from their favorite physical activities GAME SET MATCH A TENNIS GUIDE covers all the basic fundamentals of playing tennis and is suitable for players at all levels It combines basic instruction and visual cues on the proper way to execute tennis techniques and skills and includes more than 40 diagrams and 200 photos of suggested drills for students The strategy chapters provide a base for development of thinking on the court and the tennis court behavior and interpretation of rules section provide students with a solid foundation of the sport Important Notice Media content referenced within the product description or the product text may not be available in the ebook version

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