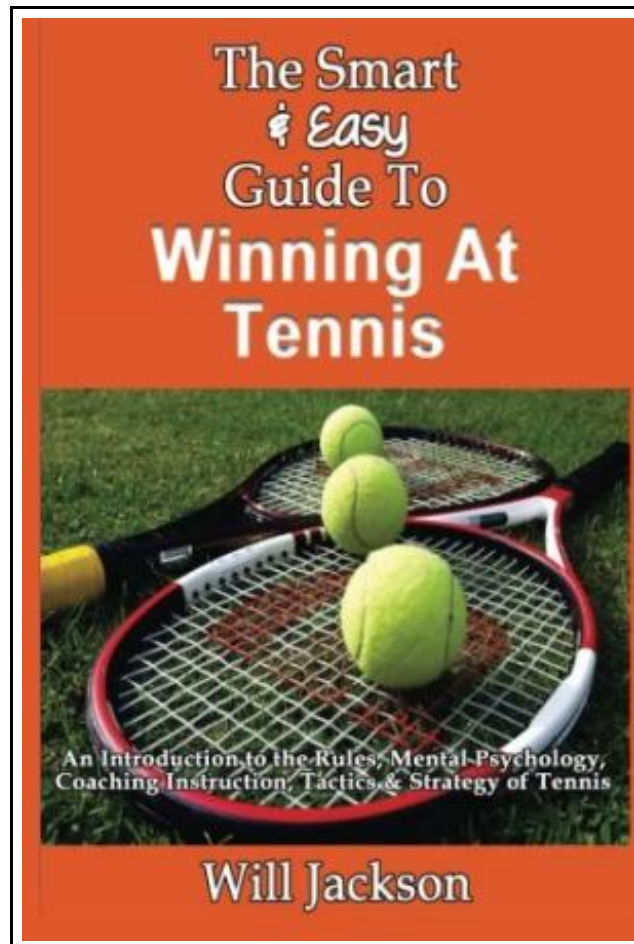# The Smart Easy Guide to Winning at Tennis: An Introduction to the Rules, Mental Psychology, Coaching Instruction, Tactics Strategy of Tennis (Paperback)

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Reviews

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THE SMART EASY GUIDE TO WINNING AT TENNIS: AN INTRODUCTION TO THE RULES, MENTAL PSYCHOLOGY, COACHING INSTRUCTION, TACTICS STRATEGY OF TENNIS (PAPERBACK)

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Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Tennis is a fun, fast-paced sport that is a great way to stay in shape, as well as to spend time with friends and family. It is also, however, a relatively complicated game with it s own set of rules and regulations, terms to be defined, equipment needed and so on. Simply grabbing a tennis racquet and hitting the clay court are not even close to enough to prepare you for playing tennis. Tennis Beginners Guide, provides an accessible introduction to the basics of the game of tennis. The guide helps to define all the terms related to equipment, the court, hits, rules of the game, and more. It then goes on to detail the mindset of the successful tennis player, discussing the psychology of tennis and how to use it to your advantage. The guide begins by laying out the basic terms that tennis players will need to familiarize themselves with if they are to get the most out of their game. Players will need to understand the following terms: Baseline Service line Alleys The basic tennis strokes are laid out and explained: Ground strokes Volley Service Drive Stop Volley Chop Half volley/trap shot Smash Lob The guide then discusses different ball spins to begin to familiarize you with the different types of shots you will need to learn. The type of spin you put on the ball will determine not only its velocity, but the trajectory of the ball as well. This is where you can best control your shot. The tennis court itself must be to the standards defined for professional tennis courts. The guide discusses what makes an tennis court appropriately sized and laid...

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