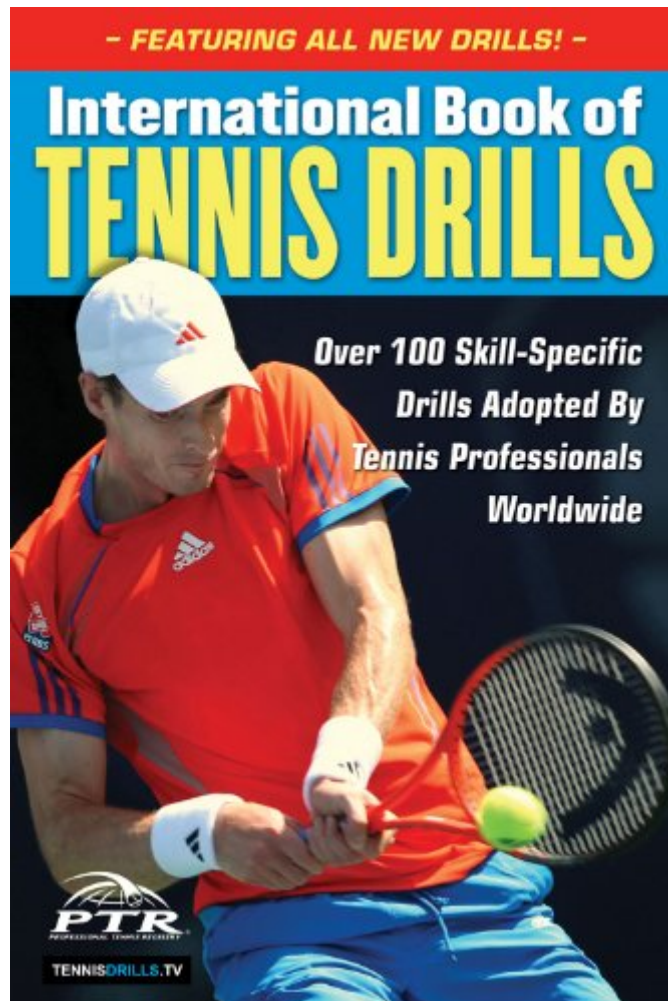


The book was found

International Book Of Tennis Drills: Over 100 Skill-Specific Drills Adopted By Tennis Professionals Worldwide



Synopsis

Filled with time-tested drills designed to improve every aspect of one's game, this updated edition is the ideal resource for any tennis player who wants to gain an edge on their competition. With more than 100 practice drills for both group and independent practice, readers will learn how to improve their serving, returning, groundstrokes, lobs, drop shots, approach shots, overheads, volleys, and much more. The singular, authoritative source for skill-enhancing drills, this guide is equally useful for beginning or advanced players of all ages.

Book Information

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Customer Reviews

This book covers some basic drills for the very young to competitive juniors to adult players. Each drill is kind of simple and straightforward. I was hoping for more in-depth explanation. This is more for starting professionals who teach tennis to make a living as a quick reference.

Excellent drills, great information, and easy to apply with students. I highly recommend this book to coaches who are looking to help their students in all types of situations from young to older more advanced students.

I understand that every time tennis in this country hit a low, many in the world of tennis panic. I guess with this latest offering from the USPTR hit the panic button as well.

OK needed more advanced drills to many for little kids other than that it was a little helpful I would recommend it to a beginner teacher

Great learning tool

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Worldwide 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) Tennis: Top 5 Strategies How to win more matches, How to Play Tennis, Killer doubles, Tennis the Ultimate guide (Tennis Strategies How to win more matches Book 1) Conditioning For Racquet Sports: Tennis, Racquetball, Handball, Squash, Platform Tennis, Jai Alai (Dr. Fred Hatfield's Sport Specific Conditioning Series) 101 Youth Tennis Drills (101 Drills) A Practical Guide for H1B Visa: For International Students And Professionals by One of The International Students And Professionals The Instinctive Weight Loss System - New, Groundbreaking Weight Loss Product- 7 CD's, Over 7 hours of Hypnosis for Weight Loss and Mind Reconditioning Sold in Over 40 Countries Worldwide Tennis: The Ultimate Guide To Tennis - Master The Fundamentals Of Tennis And Level Up Your Game In 7 Days Intarsia Woodworking for Beginners: Skill-Building Lessons for Creating Beautiful Wood Mosaics: 25 Skill-Building Projects Professional Skillbuilding Wizard (Skill Assessment For Medical Transcription & Skill Assessment Answer Keys) Tennis Strategies: The Top 100 Best Things That You Can Do to Greatly Improve Your Tennis Game Gun Digest's IDPA Gear, Tactical Drills & Handgun Training eShort: Train for stressfire with essential IDPA drills, handgun training advice, concealed ... CCW exercises. (Concealed Carry eShorts) Volunteer Training Drills: A Year of Weekly Drills Pharmacology: The NCLEX Trainer: 100+ Specific Practice Questions & Rationales, Content Review, and Strategies for Test Success The Primal Wound: Understanding the Adopted Child Parenting Your Internationally Adopted Child: From Your First Hours Together Through the Teen Years Yes, I'm Adopted! Adopted for Life: The Priority of Adoption for Christian Families and Churches (Updated and Expanded Edition) Twenty Things Adopted Kids Wish Their Adoptive Parents Knew Will You Love Me?: The story of my adopted daughter Lucy

