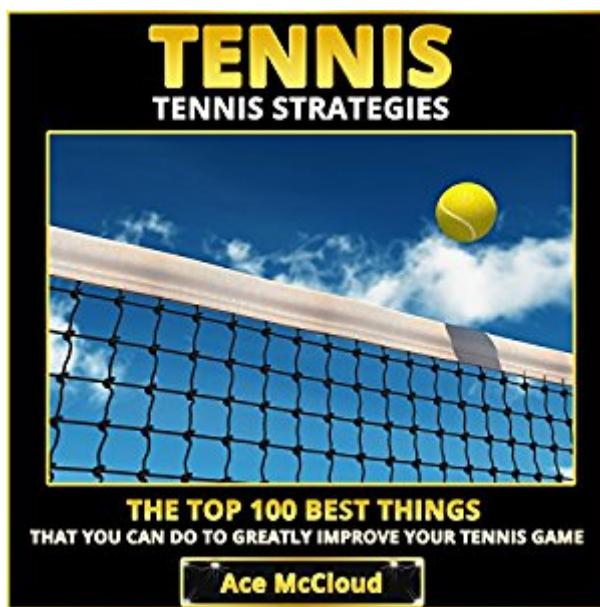


The book was found

Tennis Strategies: The Top 100 Best Things That You Can Do To Greatly Improve Your Tennis Game



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) find solid conditioning and training advice, or (3) just win more and have more fun, this is the audiobook for you. Is your tennis game less than a smashing success? Whether you're just beginning to play or you're actively competing, you'll find practical help in this audiobook for every aspect of your tennis game. Forehands, backhands, the serve, and the overhead smash: all are described in full detail, so you can easily solidify the correct technique. 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. Find descriptions for each basic type of tennis grip, with primary usage and tactical weaknesses, so you can use each to your advantage. Exercises enable you to master the grips that will lay the foundation for effective playing. Consistently take the shot with confidence. Learn to use your stance, the pivot, full extension, and accurate timing to your advantage. I have described each stage of the serve to allow you to control both ball speed and placement. Sharpen your playing strategies and boost your mental focus. Whether hitting the court with friends, playing at a 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. Find out how far your game will take you. Play Better: Buy it now!

Book Information

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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 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 really is the most thorough compilation of all-around tennis strategizing I've found. I loved the extensive explanations of the various grip styles, and found the conditioning drills very helpful. From the mental to the physical game, this book covers it all! Anyone with the least interest in the game of tennis will benefit from this book. If you buy it, you'll likely find it your go-to source for all things tennis.

Tennis is a tough sport to play. McCloud offers tips to make it easier for players at any skill level. He offers valuable exercises as well as useful nutritional tips to make sure you perform at your best! This is the ebook for any aspiring tennis player!

Do you want to better your tennis playing? Get this book and improve your tennis game with tips and helpful advice in your game. This will help the amateurs to pro's! Wanting to learn tennis? this book will also help you learn the game as well.

Not much more than a pamphlet

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