



Tennis: Skills - Tactics - Techniques (Paperback)

By Jeremy Woods

The Crowood Press Ltd, United Kingdom, 2014. Paperback. Condition: New. Language: English . Brand New Book. Tennis - Crowood Sports Guides is the perfect tool for anyone wanting to improve their performance, from beginners learning the basic skills to more experienced participants working on advanced techniques. This no-nonsense guide will give you that all-important advantage. Contents include: detailed full-colour photographic sequences showing you how to play each shot correctly; expert advice on your footwork and balance; positional and stroke tactics; what grip works best for you; choosing the right clothes and equipment; how to treat injuries and how to avoid them; eating properly and staying hydrated and, finally, how to prepare physically and mentally for competition.

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