



12 Doubles Tennis Secrets to Win More: The Secrets Inside Professional Tennis Player's Minds (Paperback)

By Joseph Correa

Createspace Independent Publishing Platform, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This book will teach you important concepts that most people have never heard of or have forgotten. You will learn to compete better and perform to your maximum level. It comes with 5 bonus tennis tips and 15 serve drills you will love. Learning to master the mental side of tennis has always been a difficult part of the game. Some players have decided to simply not train mentally or simply ignore it which is a big mistake. It is said that winning in tennis is 80 - 90 MENTAL! Just take into account that key points in a tennis match such as match point, game point, break points, and set points, are all crucial situations that can decide the outcome of any particular competition. SO WHY DO MOST PEOPLE SKIP MENTAL TRAINING? Take into account that on average a tennis match lasts 1 hour and 30 minutes. Focusing for such an extended amount of time is not easy task but with the right concepts and ideas to get you there things will become more obtainable. Start reading and putting into practice...



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