



114 Strategie del Tennis, Tattiche Mentali, Ed Esercizi: Migliora Il Tuo Gioco in 10 Giorni (Paperback)

By Joseph Correa

Createspace Independent Publishing Platform, 2014. Paperback. Condition: New. Language: Italian . Brand New Book ***** Print on Demand *****.La strategia gioca un ruolo importante nel tennis competitivo e saper applicare tali strategie possono aiutare a vincere più partite contro avversari difficili. Queste strategie vi permetteranno di fare tre cose: 1 Prepararsi per uno stile specifico del giocatore. 2 Imparerai che le strategie preparate precedentemente possono essere utilizzate per competere in modo più efficace. 3 Come eseguire queste strategie basandoti sul tuo stile di gioco. Questo playbook di strategie del tennis è tascabile e dovrebbe essere tenuto nello zaino da tennis o dove è più semplice leggerlo per tenervi pronti ad applicare sempre le strategie più utili per quella partita. Gli allenamenti di tennis avanzato sono divertenti ed emozionanti per i giocatori che li seguono. A volte potrebbe diventare difficile completare alcuni punti, ma non farci caso. Continua a lavorare duro e alla fine otterrai il massimo. Questo insolito tipo di formazione ti aiuterà a migliorare il tuo controllo generale delle palle alte, palle basse, alti topspin, bassi slice, palle piane o con un minimo topspin. Potrai anche migliorare la tua capacità di dirigere la palla in punti specifici sul campo,...



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