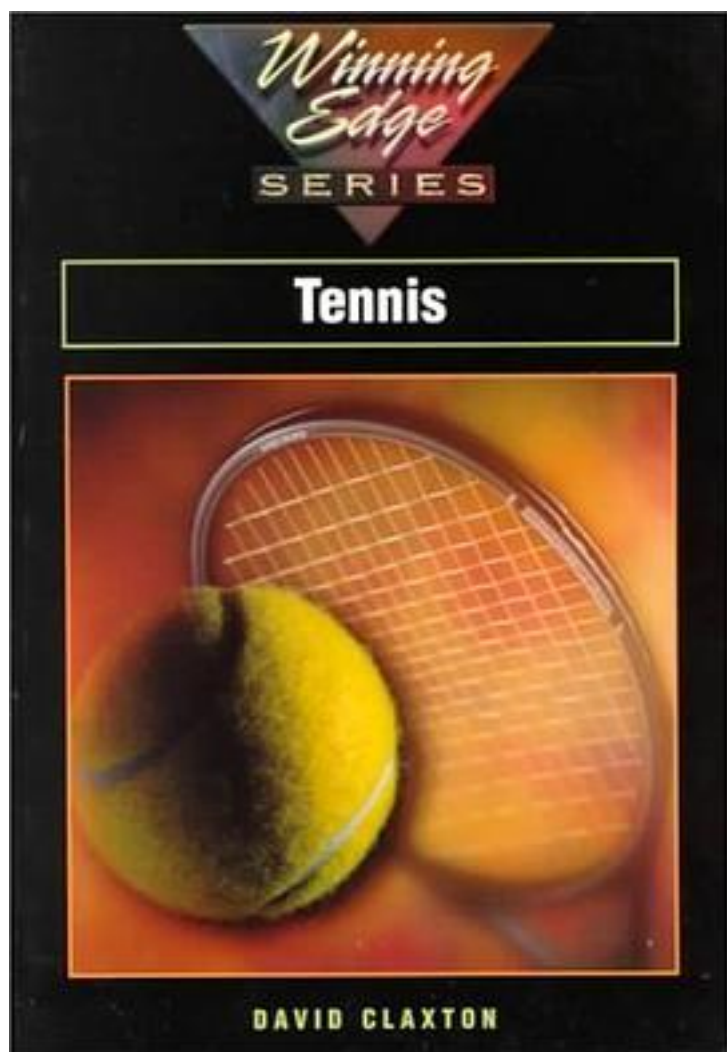


Tennis



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Part of The Winning Edge Series, this text provides a complete introduction and explanation of the skills and techniques necessary to take to the court. Offering an introduction and an explanation of the facilities, equipment, rules and terminology, this book moves on to detail how to mentally and physically prepare for a match. Individual chapters detail the dynamics of the basic strokes (serves, forehands, volleys, backhands), strategies, and conditioning. Drills and self-evaluation are provided throughout the text as applicable.

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