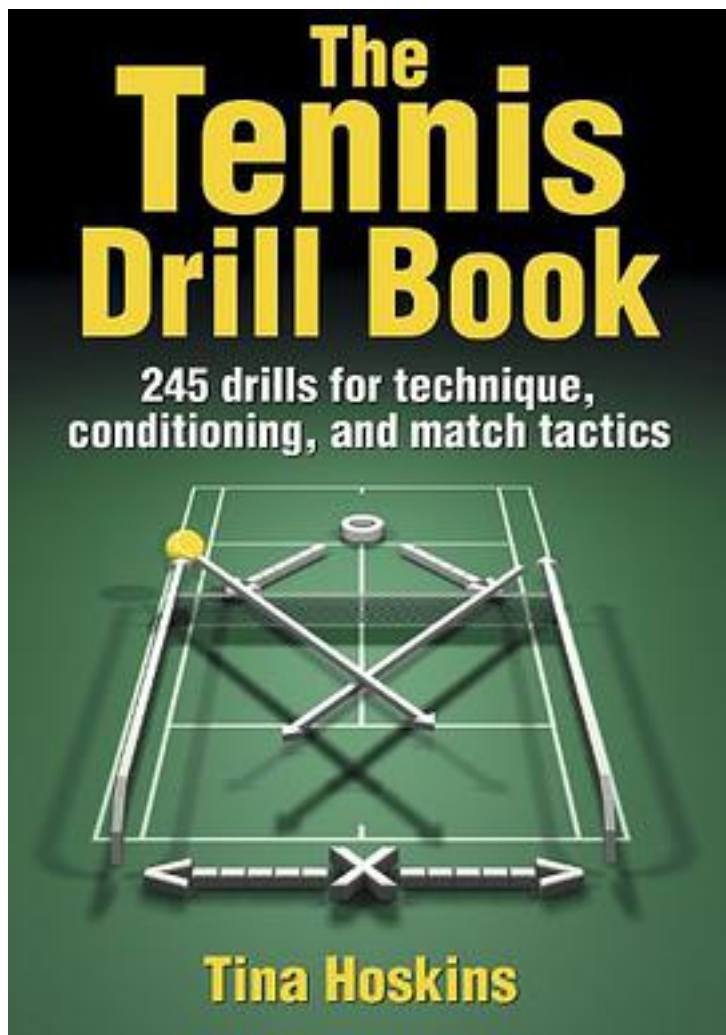


The Tennis Drill Book



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This extensive manual features 245 drills that can be integrated into practice sessions

to improve performance in every area of the game: progressive technique drills help you master every stroke and shot combination; tactics drills help you develop winning strategies for every game situation - aggressive or defensive, doubles or singles - on any court surface, against any style of play; mental training drills help you stay focused when the pressure is on; warm-up, cool-down, and conditioning drills are designed to increase speed, agility, and endurance so that you can move swiftly into position, outlast opponents, and reduce the chance of injury; and game-based drills simulate match play for singles and doubles.

作者介绍:

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