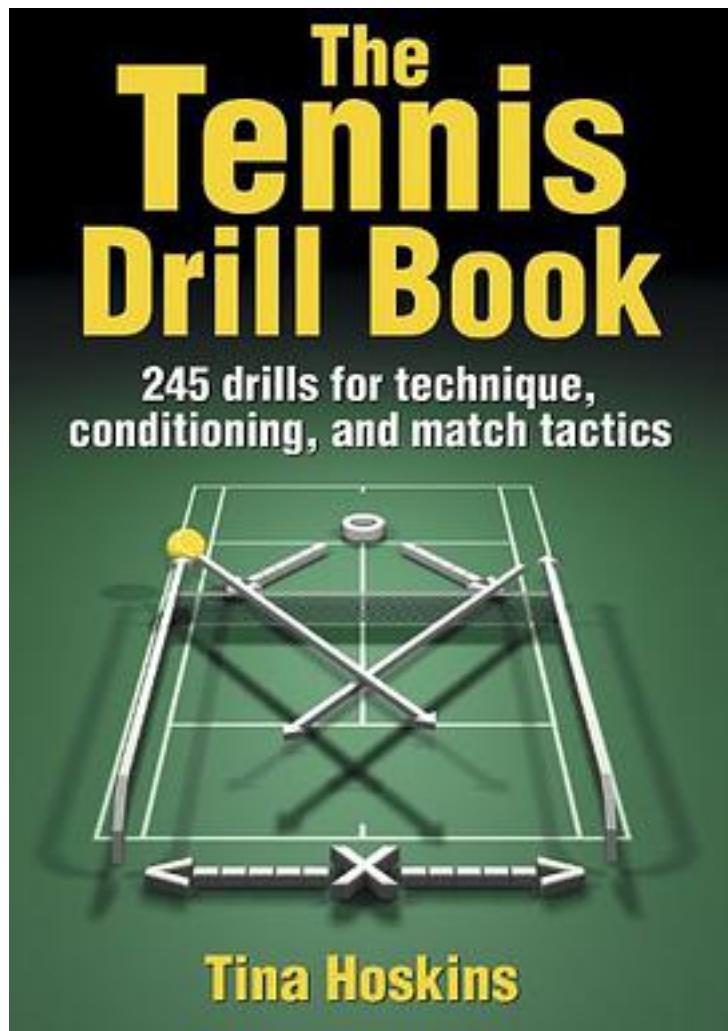


The Tennis Drill Book



[The Tennis Drill Book 下载链接1](#)

著者:Ms. Tina Hoskins

出版者:Human Kinetics

出版时间:2003-08-13

装帧:Paperback

isbn:9780736049122

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:

目录:

[The Tennis Drill Book 下载链接1](#)

标签

评论

[The Tennis Drill Book 下载链接1](#)

书评

[The Tennis Drill Book 下载链接1](#)