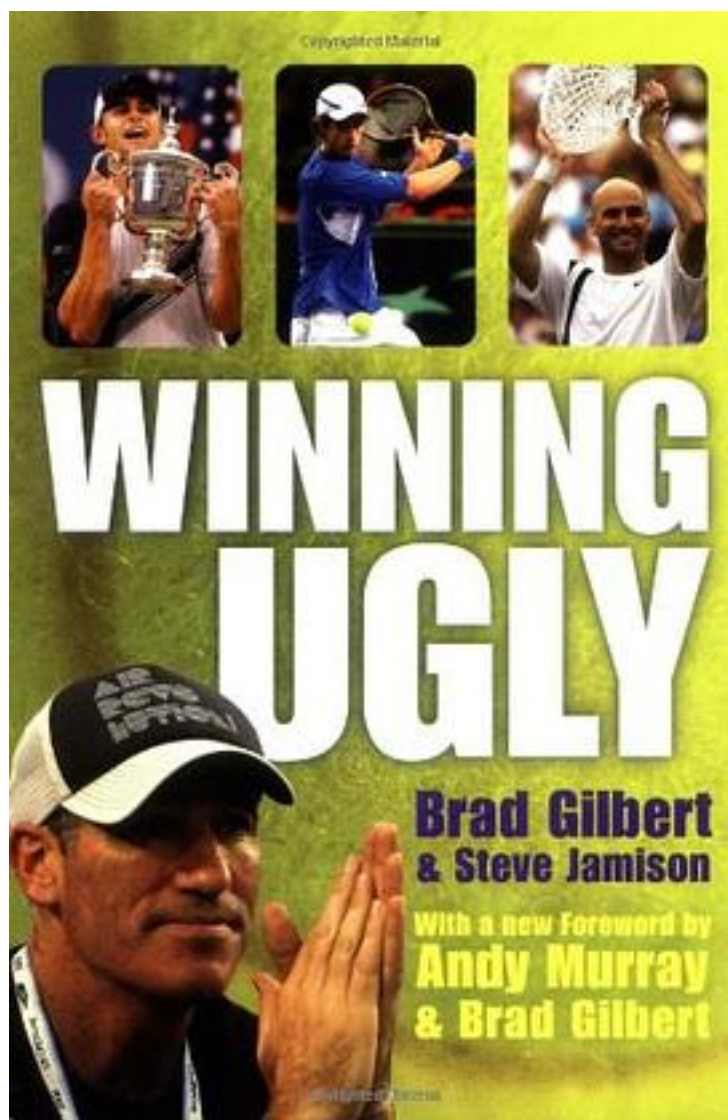


Winning Ugly



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著者:Brad Gilbert

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He's been called the best in the world at the mental game of tennis. Brad Gilbert's strokes may not be pretty, but looks aren't everything. He has beaten the Tour's biggest names - all by playing his ugly game. Now in Winning Ugly Gilbert teaches recreational players how to win more often without necessarily even changing their strokes. The key to success, he says, is to become a better thinking player - to recognize, analyze and capitalize. That means outthinking your opponents before, during and much after a match; forcing him or her to play your game. Winning Ugly is an invaluable combat manual for the court, and its tips include some real gems. Ultimately, Winning Ugly will help you beat players who have been beating you.

作者介绍:

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标签

网球

教育

评论

布拉德 吉尔伯特，自己作为ATP选手，也作为指导阿加西以及罗迪克夺得大满贯的金牌教练，把无论如何都要“赢球”做了较详细的介绍，包括从上场前的准备工作，场上细节的观察，以及场后。其中场前的很多准备工作，国内的俱乐部都要标准化的练习了

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书评

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