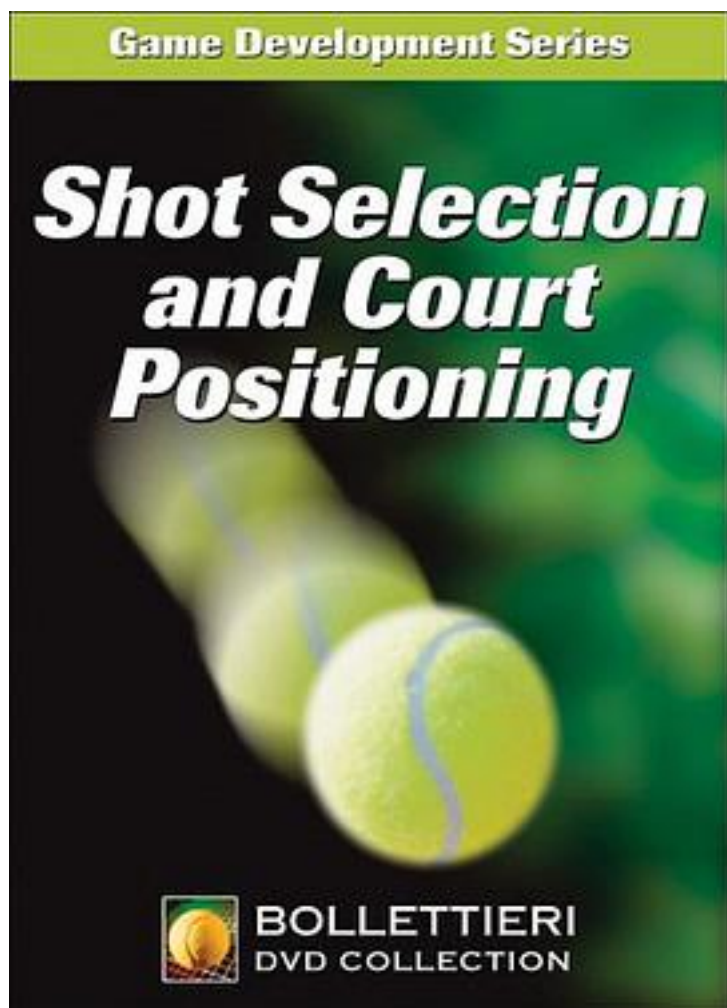


Shot Selection and Court Positioning DVD



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著者: Bollettieri Inc

出版者:

出版时间:

装帧:

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Take the guesswork out of your shot selection and become a more effective player by

integrating strategy into your game. Nick will show you how to control points and select winning shots based on your opponent's position on the court and the type of shot you receive. Learn how to recover to the best position and set yourself up to take advantage of each point. Watch the patterns unfold and soon you'll be anticipating shots and hitting more winners than ever before. Part of the 10-disk Bollettieri DVD Collection, "Shot Selection and Court Positioning" is one of four DVDs that focus on practice tips, strategies, and mental preparation for overall game development.

作者介绍:

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