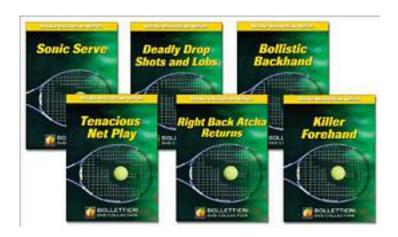
Stroke Instruction Series 6 DVD Set



Stroke Instruction Series 6 DVD Set 下载链接1

著者:Bollettieri, Nick

出版者:

出版时间:2008-8

装帧:

isbn:9780736071291

Now you can learn from the most famous and successful coach in tennis Nick Bollettieri has developed and coached many of the world's top players, including Maria Sharapova, Venus and Serena Williams, Tommy Haas, Jelena Jankovic, Andre Agassi, Martina Hingis, Jim Courier, Monica Seles, Anna Kournikova, Marcelo Rios, and Boris Becker. His teaching techniques and effective coaching methods have formed the foundation for these DVDs, letting you share in his world-renowned knowledge. From serves to returns, forehands to drop shots, and tactics to practice, these DVDs bring Bollettieri's teaching to life. This six-DVD package includes the following: Killer ForehandTake your forehand to its maximum potential as Nick shows you the steps to hitting a signature Bollettieri forehand. You'll enjoy this fun and informative approach--covering footwork, balance, racket preparation, and more--designed to build the perfect winning forehand with target training, technique drills, and match simulation. Part of the 10-disk Bollettieri DVD Collection, "Killer Forehand" is one of six DVDs that focus on superior technique for the essential strokes. Bollistic Backhand Turn your one-handed or two-handed backhand from a defensive shot into a big weapon with Nick Bollettieri's step-by-step stroke improvement program. The target training and match-simulation drills will teach you how to hit an attacking offensive

shot. From foundation and footwork to leverage in the stroke, you'll learn to achieve "boll-istic" results. Part of the 10-disk Bollettieri DVD Collection, "Bollistic Backhand" is one of six DVDs that focus on superior technique for the essential strokes. Sonic Serve Nick Bollettieri shows you the world's most powerful serves and a step-by-step plan for developing the skills to hit a sonic serve. Learn the correct techniques to spin your opponent off the court or to slam a service winner down the T. Drills to develop your serve are presented in classic Bollettieri style. Part of the 10-disk Bollettieri DVD Collection, "Sonic Serve" is one of six DVDs that focus on superior technique for the essential strokes. Tenacious Net Play Playing aggressively at the net requires anticipation, good preparation, and proper technique on approach shots, volleys, half volleys, and overheads. Nick shows you the skills and strategies of the attacking player, helping you shape the mentality required to dominate the net. Learn the shot selection patterns and combinations that will make you much more effective as a forcing player. Part of the 10-disk Bollettieri DVD Collection, "Tenacious Net Play" is one of six DVDs that focus on superior technique for the essential strokes. Right Back Atcha Returns In a world where sonic serves rule the turf, you don't stand a chance without returns that are right back atcha. You'll learn the tools of the trade for breaking serve, including the technique, positioning, and strategies to neutralize the game's biggest weapon. Nick Bollettieri will teach you to step into the box with confidence--the right mind-set for breaking your opponent's serve. Part of the 10-disk Bollettieri DVD Collection, "Right Back Atcha Returns" is one of six DVDs that focus on superior technique for the essential strokes. Deadly Drop Shots and Lobs The drop shot and lob are two of the most underrated and underutilized shots in tennis. Learn techniques for mastering these specialty shots to undermine the opponent's baseline attack. Nick Bollettieri teache's you why, when, and how to use both shots to add another dimension to your game. Included are examples of strategic shot patterns, along with drills to perfect these valuable shots. Part of the 10-disk Bollettieri DVD Collection, "Deadly Drop Shots" and Lobs" is one of six DVDs that focus on superior technique for the essential strokes.

作者介绍		
11-11/11/11	•	

目录:

Stroke Instruction Series 6 DVD Set_下载链接1_

标签

评论

Stroke Instruction Series	6 DVD S	Set_下载:	链接1_
书评			
Stroke Instruction Series	6 DVD S	iet_下载:	链接1_