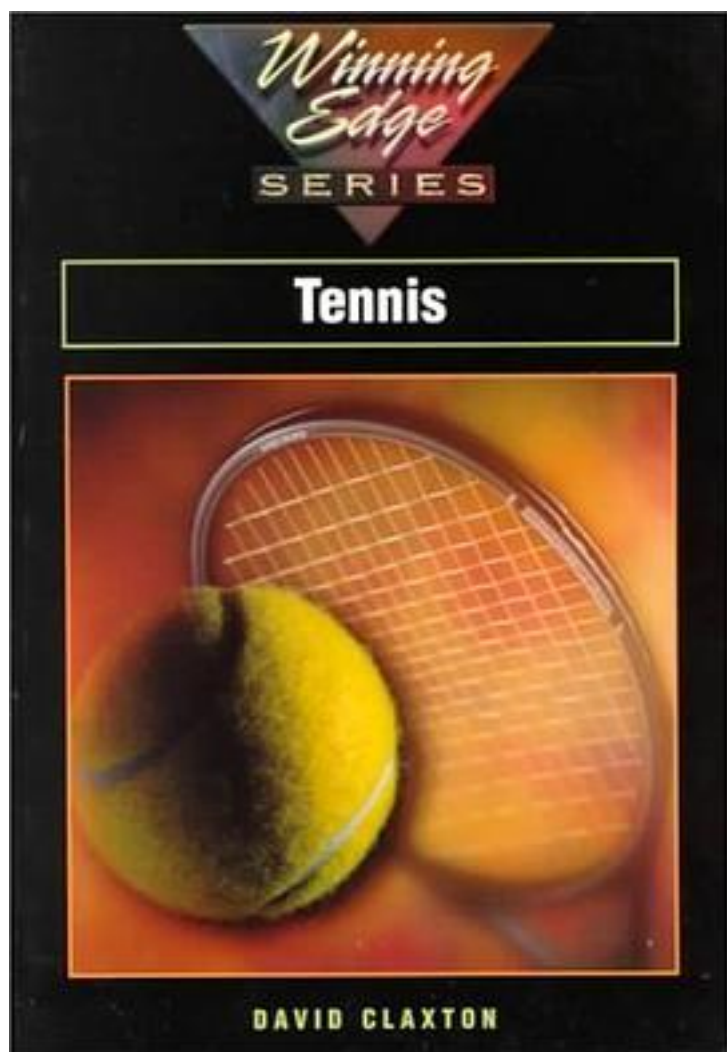


Tennis



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This is a sound and thorough text from two top LTA coaches. Starting with the basic skills and strokes, they move on to explore the principles behind practice and improvement, including useful fault correction charts as well as tactics, mental attitude, and the practical aspects of clubs, coaching, and competition.

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