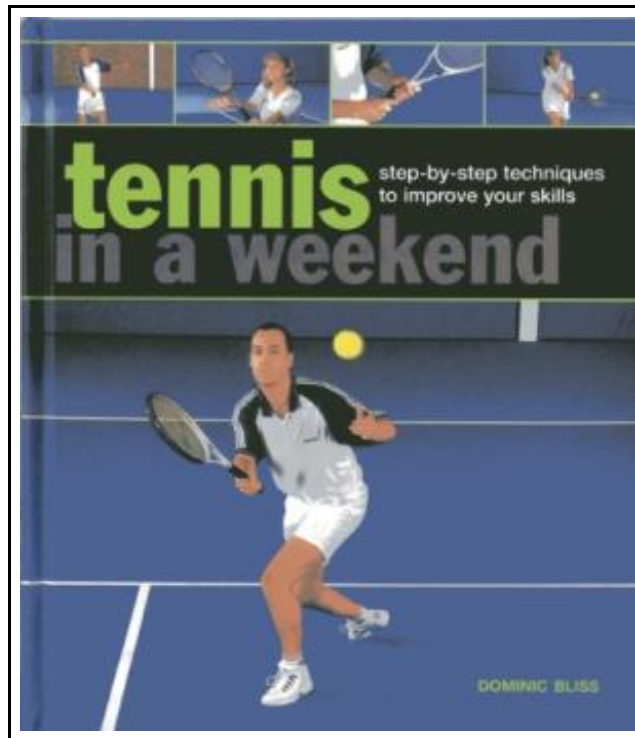


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TENNIS IN A WEEKEND: STEP-BY-STEP TECHNIQUES TO IMPROVE YOUR SKILLS



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Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Tennis in a Weekend: Step-by-step Techniques to Improve Your Skills, Dominic Bliss, This title features step-by-step techniques to improve your skills. It is an information-packed guide to all the techniques needed to play this exciting game with confidence and skill, shown in over 240 dynamic and practical photographs. It features expert instructions on the serve, groundstrokes, volley, lob, forehand/backhand smash and dropshots, as well as a guide to the perfect posture for each shot. It includes an illustrated guide to tennis equipment, from rackets and balls to specialist shoes and clothing. Common faults are corrected and exercises are shown step-by-step, to help you develop and improve your shots. It explains the rules and scoring system of the game, with useful hints and tips on strategy for both singles and doubles, and how to adapt to different surfaces. It contains a handy glossary of tennis terms, from approach shot and backspin to string savers and Western grip. Played all over the world for fun, fitness and competition, tennis is a wonderful game that appeals to both young and old. From Grand Slam tournaments to local contests or a friendly knock-around, the essential techniques are the same, and a sound understanding of the game will be beneficial at all levels. If you are a beginner, the book will enable you to grasp the basic techniques, and if you have already reached a level of competence, you will benefit from revising the basics and from the advice on tactics and strategy. From positioning your feet to gripping the racket, each technique is illustrated with step-by-step photographs, helping you to improve your skills. The book also features solutions to common problems, as well as a concise account of the theory and practice of the game. It...



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