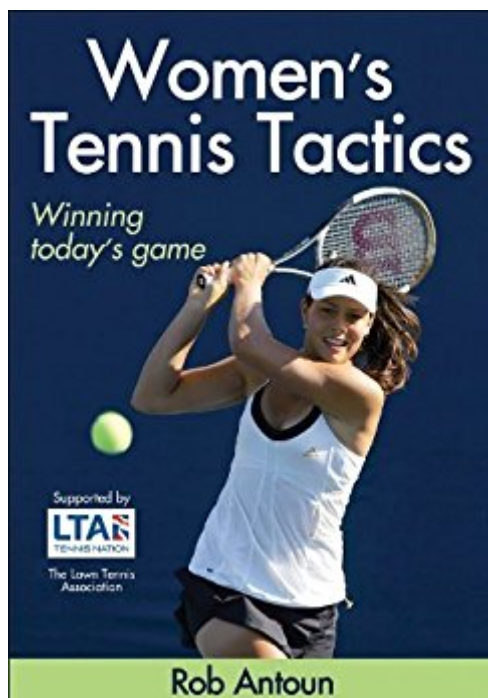


The book was found

Women's Tennis Tactics



Synopsis

Women's tennis has come of age. Players today are taller, stronger, and faster than ever before. The distinction between traditional baseline, all-court, and serve-and-volley games continues to diminish as players learn how to dictate the point at the earliest opportunity. The top players know how to play to their strengths and their opponents' weaknesses, and *Women's Tennis Tactics* shows you how to do the same:

- More than 68 drills to practice match tactics
- Breakdown of match situations and tactical solutions
- Guidance on developing a personal style
- Strategies for tracking performance
- Tactics for singles and doubles play

Whether serving, returning, playing the baseline, or playing the net, *Women's Tennis Tactics* provides you with the strategic arsenal to elevate your game and enjoy greater success on the court.

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Customer Reviews

Background, I am a high school tennis coach and a teaching pro. This book has more useful

information in the first 20 pages than all of my other books on tennis strategy and tactics. I used the drills with my league teams as well as the HS team this year and everyone really improved. More pointed at singles players but also has excellent information and drills for doubles teams. Not limited to women only, the information applies just as well to male players. Highly recommended to any advanced player, coach or teaching pro.

I borrowed this book from the library and found it so great that I had to buy it. It is full of great drills to do and my coach and I started practicing a few. It really works. Although I have been playing for over 20 years this book was a big eye opener into a lot of areas around the game I had no idea existed. The one practice that stood out for me is to identify which ball to attack and which one to play safe. It definitely is a book to have and work and improve your game.

effective

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