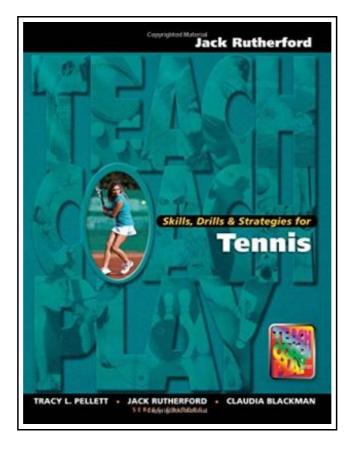
# Skills, Drills Strategies for Tennis (Paperback)



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## **Reviews**

A fresh e book with an all new viewpoint. It is really simplistic but unexpected situations in the 50 % from the book. Once you begin to read the book, it is extremely difficult to leave it before concluding. (Dawn Hane)

## SKILLS, DRILLS STRATEGIES FOR TENNIS (PAPERBACK)



Taylor Francis Inc, United States, 2017. Paperback. Condition: New. Language: English. Brand New Book. This book is part of the Teach, Coach, Play series, emphasizing a systematic learning approach to sports and activities. Both visual and verbal information are presented so that readers can easily understand the material and improve performance. Built-in learning aids help readers master each skill in a step-by-step manner. Using the cues, summaries, skills, drills, and illustrations will help build a solid foundation for safe and effective participation now and in the future. The basic approach in all of the Teach, Coach, Play activity titles is to help readers improve their skills and performance by building mastery from simple to increasingly complex levels. The books strive to illustrate correct techniques and demonstrate how to achieve optimal results. The basic organization in each book is as follows: Section 1 overviews history, organizations and publications, conditioning activities, safety, warm up suggestions, and equipment. Section 2 covers exercise or skills, participants, action involved, rules, facility or field, scoring, and etiquette. Section 3 focuses on skills and drills or program design. Section 4 addresses a broad range of strategies specifically designed to improve performance now and in the future. Section 5 provides a convenient glossary of terms.



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