

Tennis Science For Tennis Players

What better way to improve your tennis – and to gain a new appreciation for the sport – than by discovering the secrets of the world's greatest players and coaches? Reading this book is to feel as though you are receiving personal tuition from the tennis elite, including those who have won Grand Slam titles and held the world number one ranking. *Game, Set and Match: Secret Weapons of the World's Top Tennis Players* is an unprecedented collection of tips from the sport's superstars, including Maria Sharapova, Andy Murray, Grigor Dimitrov, Eugenie Bouchard, Kei Nishikori, Pete Sampras, Steffi Graf, Boris Becker, Stefan Edberg, Milos Raonic, Caroline Wozniacki, Stan Wawrinka, Jo-Wilfried Tsonga, Bob and Mike Bryan, Martina Navratilova, Gael Monfils, Petra Kvitova, Ana Ivanovic and Marin Cilic. There is also advice from Roger Federer's mother, Lynette on tennis parenting and tips from Rafa Nadal's uncle and coach, Toni, as well as other leading coaches such as Patrick Mouratoglou, Nick Bollettieri, Paul Annacone, Marian Vajda, Judy Murray, Darren Cahill, Roger Rasheed and Robert Lansdorp, and from fitness experts such as Andre Agassi's former trainer, Gil Reyes. Top tips from the pros include: 'How to disguise your serve' by Pete Sampras 'Being a tennis parent' by Lynette Federer 'How to play a "tweener"' by Grigor Dimitrov

This book combines the sport sciences of biomechanics, motor learning, exercise physiology, and sport psychology into one comprehensive volume.

Increase shot power and on-court speed and agility with the most comprehensive tennis conditioning resource available. Combining 204 drills and exercises with online access to 56 video demonstrations, the only strength and conditioning resource endorsed by the USTA will help you outlast the competition.

If you have watched a Grand Slam tennis tournament in the past decade, you are probably aware that the game is dominated by just a few international powerhouses. At the conclusion of each tournament, it is likely that you will see Serena Williams atop the women's podium and a member of the Big Four—Roger Federer, Rafael Nadal, Novak Djokovic, and Andy Murray—hoisting the trophy for the men. And while there is not a lot of variety in the outcome of these matches, the game of tennis itself has changed drastically over the decades, as developments in technology and conditioning regimens, among other factors, have altered the style of play. Underpinning many of these developments is science, and this book explains the scientific wonders that take the ball

from racket to racket and back again. Each chapter explores a different facet of the game—learning, technique, game analysis, the mental edge, physical development, nutrition for performance and recovery, staying healthy, and equipment—and is organized around a series of questions. How do we learn the ins and outs of hitting the ball in and not out? What are the main technological developments and software programs that can be used to assist in performance and notational analysis in tennis? What role does sports psychology play in developing a tennis player? What is the role of fluid replacement for the recreational, junior, and professional player? What rule changes have been made with respect to the racket, ball, and ball-court interaction to maintain the integrity of the game in the face of technological change? Each question is examined with the aid of explanatory diagrams and illustrations, and the book can be used to search for particular topics, or read straight through for a comprehensive overview of how player and equipment work together. Whether you prefer the grass courts of Wimbledon, the clay courts of the French Open, or the hard courts of the US and Australian Opens, *Tennis Science* is a must-have for anyone interested in the science behind a winning game.

This account of a tennis match played by Arthur Ashe against Clark Graebner at Forest Hills in 1968 begins with the ball rising into the air for the initial serve and ends with the final point. McPhee provides a brilliant, stroke-by-stroke description while examining the backgrounds and attitudes which have molded the players' games.

Presenting a multidisciplinary approach to the prevention and management of injuries to young tennis players, this unique book considers multiple factors contributing to the increasing numbers of such sports-related injuries, such as increased young athlete participation in tennis, the pre-professionalization of younger players and misconceptions surrounding treating children in the same manner as adults. Beginning with the essentials for developing tennis players and their physical and mental growth with the sport, the text then turns to prevention and management techniques and strategies covering the upper and lower extremities, shoulder and elbow, hip and knee, and spine, as well as other acute medical conditions. Further consideration is given to proper nutrition, strength and conditioning, and rehabilitation and return to play. Edited by clinicians directly involved in the care of young tennis players and including contributions from physical therapists, nutritionists, sports psychologists, and physicians, it is an invaluable and comprehensive resource for any professional seeing and treating young tennis players.

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Science and Racket Sports III introduces the edited papers and keynote addresses presented at the combined Third World Congress of Science and Racket Sports and Eighth International Table Tennis Federation Sports Science Congress, in February 2003. The papers are brought together by world-class experts: Lees is Chair of the World Congress for Sports Science Rackets Division, Kahn is Technical Director of the International Table Tennis federation, and Maynard is Secretary of the British Association of Sport and Exercise Scientists. The papers detail cutting edge research in racket sports science in five key areas: * notational match analysis * sports medicine * biomechanics * sports psychology * sports physiology. This valuable collection embraces a broad spectrum of the issues being examined by contemporary sports scientists, and will be of interest to researchers in sports biomechanics and ergonomics, sports engineering and elite racket sports professionals.

Plagued hackers and experts alike. This informative primer will help turn hours of mindless practice into a focused application of principles affecting the impact, bounce, and flight of the ball.

[Tennis Medicine](#)

[What You Need to Know to Play Great Tennis](#)

[Tennis Science for Tennis Players](#)

[World-class Tennis Technique](#)

[Visual Training for Tennis](#)

[Biomechanical Principles of Tennis Technique](#)

[Tennis Anatomy](#)

[The Physics and Technology of Tennis](#)

[The Twenty Greatest Male Tennis Players of All Time](#)

[A Complete Guide to Evaluation, Treatment, and Rehabilitation](#)

[Tennis Science](#)

[A Tennis Odyssey](#)

[Routledge Handbook of Tennis](#)

"The game with yourself is often tougher than the battle against any opponent. Smart Tennis shows you how to win the inner match while having fun along the way."--Lindsay Davenport, world's #1 ranked player for 1998
Become a More Competent and Confident Tennis Player
Smart Tennis is the secret weapon that tucks right into your tennis bag. Apply these proven principles of sport psychology to your game and gain a winning advantage both on and off the courts.

"Smart Tennis is a must for players at all levels-from beginners to Wimbledon champions! An outstanding book for understanding and improving your mental game."--Vic Braden, tennis telecaster and researcher "If you ever want to use the title of this book to describe how you played your last match, then Smart Tennis is for you."--David Higdon, senior writer, Tennis Magazine "This is an excellent book of psychological skills that can be immediately applied on the tennis court."--E. Paul Roetert, Ph.D., Administration of Sports Science, United States Tennis Association

This book will serve as a key resource for all clinicians working in orthopedics, sports medicine, and rehabilitation for the sport of tennis. It provides clinically useful information on evaluation and treatment of the tennis player, covering the entire body and both general medical and orthopedic musculoskeletal topics. Individual sections focus on tennis-related injuries to the shoulder, the elbow, wrist, and hand, the lower extremities, and the core/spine, explaining treatment and rehabilitation approaches in detail. Furthermore, sufficient sport science information is presented to provide the clinical reader with extensive knowledge of tennis biomechanics and the physiological aspects of training and rehabilitation. Medical issues in tennis players, such as nutrition and hydration, are also discussed, and a closing section focuses on other key topics, including movement dysfunction, periodization, core training, and strength and conditioning specifics. The expansive list of worldwide contributors and experts coupled with the comprehensive and far-reaching chapter provision make this the highest-level tennis medicine book ever published.

Tennis is much more than Wimbledon! This story reveals the hidden history of the sport.

Science and technology have contributed immensely to the establishment of tennis as one of the world's major sports. The science involved is interdisciplinary, encompassing design, engineering, physics, sports science, biomechanics and many other areas. This book brings together a selection of international papers collated by the International Tennis Federation Technical Department. The papers come from a variety of sources including manufacturers, universities, national ruling bodies and the International Tennis Federation. Four main themes - equipment, sports science, facilities and the game itself - are covered, representing work carried out in over 20 countries. The themes dealt with are diverse and comprehensive, ranging from the construction of a championship grass court to the technical intricacies of the aerodynamics of tennis balls. The role of the player is also considered making this an important book for all those involved in the game of tennis, from researchers to coaches and players.

This book is not about how to hit the tennis ball. It's about where to hit the ball, when, and why. It focuses on playing tennis strategically, which is the quickest and best way to raise your game to the next level. For recreational players, developing a strategic approach to the game is the single, most transformative step you can take. In this book, you will learn how to take advantage of the strengths in your game, how to minimize your weaknesses, and how to attack your

opponent's game. Most tennis players start by focusing on the mechanics of their strokes. That makes sense. If you can't hit the ball over the net and inside the lines, the rest doesn't really matter. Later, when you're hitting the ball well, it's fun to keep working on your shots. All tennis players love to hit the ball. Unfortunately, stroke improvement has a diminishing return. Early on you improve rapidly, but then the pace levels off. It can be frustrating to work, week after week, month after month, and not see any progress. Developing your strategic understanding of the game completely changes that dynamic. It's difficult to exaggerate how much focusing on strategy can improve every aspect of your game. At first glance, tennis is a marvelously simple game. All you have to do is hit the ball over the net and inside the lines one time more than your opponent does and you win the point. Do that often enough and you win the match. In truth, however, tennis is endlessly complex. That's why it becomes a lifetime passion for so many of us. It's a demanding amalgamation of muscle memory, hand-eye coordination, geometric understanding, stamina, and split-second decision making. Adding another layer of complexity, most of us model our games on professional tennis players. We see them win points by smacking the felt off the ball, going for the lines, serving aces, and hitting topspin lobs from outside the doubles alley. We want to play like that. The catch is we don't have unbelievable hand-eye coordination and don't practice eight hours a day. Is it any wonder, then, that about 80 percent of points in a recreational match end with an unforced error? That's right. Eight out of 10 points--and often more--end because you or your opponent hit the ball into the net or outside the lines. When we come out of top in a match, we like to think that we won. It's probably more accurate to say that we didn't lose. At the core of strategic success at the recreational level is reducing unforced errors. Cutting them by just one or two per set can lead to an exponential leap in matches won. This book are filled with strategies and tactics that you can adopt and adapt to improve your game. You don't need to apply all of them; use only the concepts that work for you. If altering the strategies better suits your game, go for it. Playing strategically will make your game more consistent. You'll become a better competitor, and you'll have more fun.

Examines the role of science and technology in tennis, covering the importance of fitness and nutrition, court and racket design, and the forces behind various shots.

In It's Not My Fault, author Joshua Shifrin helps tennis players make sense of their most monumental losses on the court. The next time a player goes down in defeat, he or she can always explain the woeful loss with "My opponent was a pusher . . . I can't play against pushers." Or after a bad shot, tennis gurus might try to get out of dodge by uttering, "There was a leaf on the court and I couldn't concentrate." Shifrin has crafted 150 funny--but all-too-real--excuses for pros and amateurs alike. Examples include: My opponent's grunting is distracting. My strings are too tight. I have tennis elbow. These tennis balls are too slow. Any many more! Whether you want to motivate your friends or family who have just

started playing or eradicate embarrassing mistakes in your own game, It's Not My Fault is a must-read. Complete with laugh-out-loud cartoons, this book makes for the perfect gift.

Tennis is one of the world's most popular sports, as levels of participation and spectatorship demonstrate. Moreover, tennis has always been one of the world's most significant sports, expressing crucial fractures of social class, gender, sexuality, race and ethnicity - both on and off court. This is the first book to undertake a survey of the historical and socio-cultural sweep of tennis, exploring key themes from governance, development and social inclusion to national identity and the role of the media. It is presented in three parts: historical developments; culture and representations; and politics and social issues, and features contributions by leading tennis scholars from North America, Europe, Asia and Australia. The most authoritative book published to date on the history, culture and politics of tennis, this is an essential reference for any course or program examining the history, sociology, politics or culture of sport.

[Science of Coaching Tennis](#)

[Trophy Son](#)

[140 Tips and Tactics for Transforming Your Game](#)

[Tennis Maestros](#)

[Levels of the Game](#)

[Science and Racket Sports III](#)

[Tennis Skills](#)

[A Novel](#)

[Going Beyond Watch the Ball](#)

[The Inner Game of Tennis](#)

[Science and Racket Sports II](#)

[Racquets, Strings, Balls, Courts, Spin, and Bounce](#)

** Finalist for the National Book Award in Poetry * * Winner of the National Book Critics Circle Award in Poetry * Finalist for the National Book Critics Circle Award in Criticism * Winner of the NAACP Image Award * Winner of the L.A. Times Book Prize * Winner of the PEN Open Book Award * ONE OF THE BEST BOOKS OF THE YEAR: The New Yorker, Boston Globe, The Atlantic, BuzzFeed, NPR. Los Angeles Times, Publishers Weekly, Slate, Time Out New York, Vulture, Refinery 29, and many more . . . A provocative meditation on race, Claudia Rankine's long-awaited follow up to her groundbreaking book Don't Let Me Be Lonely: An American Lyric. Claudia Rankine's bold new book recounts mounting racial aggressions in ongoing encounters in twenty-first-century daily life and in the media. Some of these encounters are slights, seeming slips of the tongue, and some are intentional offensives in the classroom, at the supermarket, at home,*

on the tennis court with Serena Williams and the soccer field with Zinedine Zidane, online, on TV-everywhere, all the time. The accumulative stresses come to bear on a person's ability to speak, perform, and stay alive. Our addressability is tied to the state of our belonging, Rankine argues, as are our assumptions and expectations of citizenship. In essay, image, and poetry, *Citizen* is a powerful testament to the individual and collective effects of racism in our contemporary, often named "post-race" society.

Drawing upon stories from professional players and coaches both former and current, this book provides aspiring tennis professionals with a dose of reality as it reveals all of the necessities of life off-the-court. Thousands of players try to make it on the men's tennis pro circuit every year without a clue that they must also be their own coach, travel agent, financier, promoter, lawyer, and accountant, while simultaneously turning their pro tennis dream into a sound business venture. From the mechanics of self-promotion to developing a business plan and keeping the machine going financially while maintaining the physical and mental stamina to improve their ranking, this book guides players, coaches, and parents through the nuts and bolts of turning pro.

ROGER FEDERER. RAFAEL NADAL. NOVAK DJOKOVIC. At the highest echelons of tennis, a few names stand out. Dominating the rankings, these famous big hitters are unarguably among the finest players in the world, with multiple Grand Slams to their credit. But how do today's champions compare with those of earlier eras? From 'Big' Bill Tilden and Pancho Gonzalez to Rod Laver and Pete Sampras, who makes the grade as the greatest male singles player of all time? Better known as the Speaker of the House of Commons, John Bercow has enjoyed a successful dual career in the tennis world as competitive junior player and qualified coach. Ideally placed to argue the merits of the maestros, in this fascinating guide he sets out to determine just who is the greatest of the greats. It is no easy task. Court surfaces and ball speeds have changed, racket technology has revolutionised the game, and trying to distinguish the best from the rest is as challenging as it is enjoyable. Drawing on published records of past glories, and offering his own analysis and reasoning, Bercow describes the accomplishments of twenty all-time tennis heroes and suggests a hall of fame from the unashamed vantage point of the lifelong enthusiast. Let the debate begin...

Explains the scientific basis of the forces and motions used in tennis strokes and applies six basic biomechanical principles players can use to improve their technique.

Winner of the 2019 PEN/ESPN Award for Literary Sports Writing "The Circuit is the best sports book I've read in years, maybe ever." —Rich Cohen, author of *The Chicago Cubs and Monsters* "As sports writing goes, *The Circuit* is unusual in the very best way. Rowan Ricardo Phillips writes with such fluidity, and packs the book with bursts of brilliance. This is a compulsively readable guide to one truly Homeric year of professional tennis." —John Green, author of *The Fault in Our Stars* An energetic, lyrical, genre-defying account of the 2017 tennis season. In *The Circuit: A Tennis Odyssey*, the award-winning poet—and *Paris Review* sports columnist—Rowan Ricardo Phillips chronicles 2017 as seen through the unique prism of its pivotal, revelatory, and historic tennis season. The annual tennis schedule is a rarity in professional sports in that it encapsulates the calendar year. And like the year, it's divided into four seasons, each marked by a final tournament: the Grand Slams. Phillips charts the year from winter's Australian Open, where Roger Federer and Rafael Nadal renewed their rivalry in a match for the ages, to fall's U.S. Open. Along the way, Phillips paints a new, vibrant portrait of tennis, one that captures not only the emotions, nerves, and ruthless tactics of the point-by-point game but also the quicksilver movement of victory and defeat on the tour, placing that sense of upheaval within a broader cultural and social context. Tennis has long been thought of as an escapist spectacle: a bucolic, separate bauble of life. *The Circuit* will convince you that you don't leave the world behind as you watch

tennis—you bring it with you.

See your tennis game as you never have before. See what it takes to improve consistency and performance on the court. Tennis Anatomy will show you how to ace the competition by increasing strength, speed, and agility for more powerful serves and more accurate shots. Tennis Anatomy includes more than 72 of the most effective exercises, each with step-by-step descriptions and full-color anatomical illustrations highlighting muscles in action. Tennis Anatomy goes beyond exercises by placing you on the baseline, at the net, and on the service line. Illustrations of the active muscles for forehands, backhands, volleys, and serves show you how each exercise is fundamentally linked to tennis performance. You'll also learn how exercises can be modified to target specific areas, improve your skills, and minimize common tennis injuries. Best of all, you'll learn how to put it all together to develop a training program based on your individual needs and goals. Whether you're a serve and volleyer, baseliner, or all-court player, Tennis Anatomy will ensure that you step onto the court ready to dominate any opponent.

Top tennis experts contribute to this analysis of optimal techniques for all the essential strokes of the game. 160 photos.

Muscle imbalance, microtrauma, insufficient recovery, and biomechanical compensations are among the top health risks that tennis players encounter when they compete and practice too much, a common habit among professionals and avid players. This guide to playing healthy tennis offers descriptions and illustrations of the physical complexity of every tennis motion, demonstrating the astonishing array of potential injuries threatening the unprepared player. Optimal performance and low risk of injury are the top results for tennis players who adhere to the training program, proper nutrition, and equipment selection recommendations in this sports medicine manual. Consideration is given to the specific physical risks that juniors, veterans, female competitors, and wheelchair athletes may encounter.

[Smart Tennis](#)

[History, Culture and Politics](#)

[The Business, Science, and Reality of Going Pro](#)

[Technical Tennis](#)

[The Classic Guide to the Mental Side of Peak Performance](#)

[5. 0 Tennis Secrets](#)

[How to Play and Win the Mental Game](#)

[Tennisology](#)

[A People's History of Tennis](#)

[An American Lyric](#)

[A Practical Guide to Optimal Tennis Health and Performance](#)

[Game, Set and Match](#)

[From Breakpoint to Advantage](#)

The 2nd Edition of The Tennis Parent's Bible delves even deeper than the original bestselling Tennis Parent's Bible- an essential guide for the competitive junior tennis player, parent and coach. The second edition opens the door to thousands of hours of athlete-coach spec instruction and parental job descriptions that will save thousands of dollars and hours of wasted time, tears and anguish. Frank clearly

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out what tennis parents need to know and understand about how to navigate their young tennis athletes through this maze of the highly competitive and performance driven sport. Regardless of the stage of development, the ultimate goal of The Tennis Parent's Bible is to maximize player potential at the quickest rate. The evolutionary state of tennis demands parents be more involved and informed. Specific roles and responsibilities of the player, coach and parent are outlined for greater synergy, team harmony and accelerate athletic growth. The Tennis Parent's Bible is essential reading for those interested in developing confident, self-reliant and accomplished children.

Master your game from the inside out! With more than 800,000 copies sold since it was first published thirty years ago, this phenomenal successful guide has become a touchstone for hundreds of thousands of people. Not just for tennis players, or even just for athletes in general, this handbook works for anybody who wants to improve his or her performance in any activity, from playing music to getting a job done. W. Timothy Gallwey, a leading innovator in sports psychology, reveals how to • focus your mind to overcome nervousness, self-doubt and distractions • find the state of "relaxed concentration" that allows you to play at your best • build skills by smart practice, then put them together in match play Whether you're a beginner or a pro, Gallwey's engaging voice, clear examples, and illuminating anecdotes will give you the tools you need to succeed. "Introduced to The Inner Game of Tennis as a graduate student years ago, I recognized the obvious benefits of [W. Timothy] Gallwey's teachings. . . . Whether we are preparing for an inter-squad scrimmage or the National Championship Game, these principles lie at the foundation of our program."—from the Foreword by Pete Carroll

A 1599 Roman tennis match between the Italian painter Caravaggio and the Spanish poet Quevedo represents the way the world changed in their times, in a novel that goes from the execution of Anne Boleyn to Mexico after the conquest.

The proceedings of the Second World Congress of Science and Racket Sports and Fifth International Table Tennis Federation Sports Science Congress contain six keynote lectures which provide the latest research on a range of sport science topics as applied to tennis, squash and badminton. The book is divided into six parts which deal respectively with Physiology, Nutrition, Preparation for Play, Psychological Aspects, Medical, Biomedical and Technical Aspects, and finally Notational Analysis. Sports scientists, coaches, physiotherapists, physicians and professional from racket sports industries will find that this book gives them access to the latest research from a world-wide group of experts. It will also provide an invaluable resource for undergraduate and postgraduate students. The editors bring their expertise in racket sports as well as in the various scientific disciplines covered at the Congresses. They have all been active in promoting links between scientific theory and coaching practice.

#1 NATIONAL BESTSELLER Far more than a superb memoir about the highest levels of professional tennis, Open is the engrossing story of a remarkable life. Andre Agassi had his life mapped out for him before he left the crib. Groomed to be a tennis champion by his moody and demanding father, by the age of twenty-two Agassi had won the first of his eight grand slams and achieved wealth, celebrity, and the highest honors. But as he reveals in this searching autobiography, off the court he was often unhappy and confused, unfulfilled by his accomplishments in a sport he had come to resent. Agassi writes candidly about his early success and his uncomfortable relationship with his marriage to Brooke Shields, his growing interest in philanthropy, and—described in haunting, point-by-point detail—the highs and lows of his celebrated career.

Provides an in-depth look at drills designed and used by tennis pros, aided by court diagrams to help visualize a stroke's outcome, sequenced photographs, tips, and professional advice.

How does your opponent put that tricky spin on the ball? Why are some serves easier to return than others? The mysteries behind the

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winning strokes, equipment, and surfaces of the game of tennis are accessibly explained by Howard Brody through the laws of physics. he gives practical pointers to ways players can use this understanding to advantage in the game. Through extensive laboratory testing and computer modeling, Brody has investigated the physics behind the shape of the tennis racket, the string pattern, the bounce of the tennis ball, the ways a particular court surface can determine the speed of the game, and the many other physical factors involved in tennis. You'll learn specific strategies for improving the mechanics of your game - from stroke production and footwork to equipment selection and mental fitness. You'll benefit from easy-to-find instructional cues that allow you to refer to the book quickly during practice. And you'll learn about some of the game's most often misunderstood facts and most widely held myths.

[The Young Tennis Player](#)

[The Proceedings of the Eighth International Table Tennis Federation Sports Science Congress and The Third World Congress of Science and Racket Sports](#)

[It's Not My Fault](#)

[The Tennis Players](#)

[Secret Weapons of the World's Top Tennis Players](#)

[Taking Your Tennis on Tour](#)

[Citizen](#)

[Inside the Science of Serves, Nerves, and On-Court Dominance](#)

[Winning Singles Strategy for Recreational Tennis Players](#)

[Open](#)

[Second Edition](#)

[High Tech Tennis](#)

[The Tennis Parent's Bible](#)

American college life is satirized in the story of the comic experiences of a Swedish professor teaching at the University of Texas. Offers instruction and professional insights to a better tennis game, including effective drills, advice for improving anticipatory skills, and identifying strengths and weaknesses.

Note: The kindle version was found to be an older draft of the book and has been pulled until it can be updated. We believe the less than 5 star reviews are a reflection of that. This message will be updated when the new version becomes available. bp

3/22/2018 What passes for visual training given to the majority of tennis players is woefully inadequate and sometimes flat out wrong. This book provides a myriad of solutions, because there is no finite understanding or solution for every player. 28 separate and interrelated essays give practical solutions and a better understanding that no two people have the same visual experience. Strong reviews from knowledgeable tennis experts.

"Growing up in the wealthy suburbs of Philadelphia, Anton Stratis is groomed to be one thing only: the #1 tennis player in the world. Trained relentlessly by his obsessive father, a former athlete who plans every minute of his son's life, Anton both aspires to greatness and resents its all-consuming demands ... Anton explodes from nowhere onto the professional scene and soon

becomes one of the top-ranked players in the world, with a coach, a trainer, and an entourage. But as Anton struggles to find a balance between stardom and family, he begins to make compromises"--Amazon.com.

Presents a comprehensive study of the technology behind the sport of tennis and contains diagrams and graphs to give a visual understanding of the physics involved in such things as the flight and bounce of the ball.

Master the essential targeting and tactical skills, take the court with coincidence! 5.0 Tennis Secrets provides in-depth, progressive instruction and accompanying skills that can be applied to each stroke. Practice and improve those techniques with a multitude of effective drills that feature a unique scoring system to gauge and accelerate your progress. This book has different stroke, strategy, learning, training and performance tips, definitions, checklists, procedures, concepts, techniques and exercises to help you learn and master your tennis game. It is ideal for tennis players of all levels, from total beginners to tournament competitors. Get this Book, and gain a deeper insight into playing tennis, plus learn useful techniques to improve your skills. Highly recommended for all tennis players, this e-Book covers the fundamentals of the game, its psychological aspects, plus much, much more! 5.0 Tennis Secrets will take your performance to new heights in all facets of the game. This book was written with the mature strong player in mind. Get it today!!

A unique, thought-provoking examination of the world's most popular individual sport. Analyzing the latest research, studies, and player and performance trends, Tennisology explores the factors that affect training, competition, and on-court play. It's a fascinating read for passionate players, coaches, and fans alike.

[The Circuit](#)

[Complete Conditioning for Tennis, 2E](#)

[Using Science to Improve Your Strokes](#)

[Injury Prevention and Treatment](#)

[150 Hilarious Excuses Every Tennis Player Should Know](#)

[Championship Tennis](#)

[Sudden Death](#)

[The Player's Guide](#)

[Tennis Science and Technology](#)

[How Player and Racket Work Together](#)