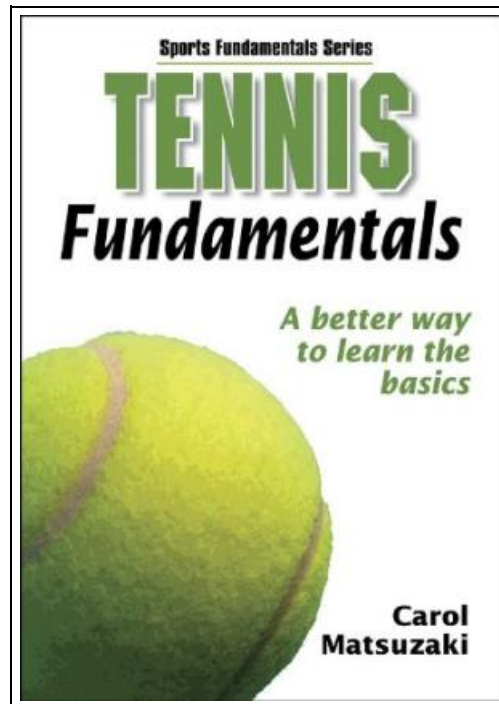


Tennis Fundamentals



Filesize: 3.9 MB

Reviews

Very useful to all category of men and women. I actually have study and i also am certain that i am going to going to read through again once more down the road. Its been written in an exceptionally simple way and is particularly only soon after i finished reading this publication by which basically altered me, modify the way in my opinion.
(Dr. Sarai Fisher DDS)

TENNIS FUNDAMENTALS



Human Kinetics Publishers. Paperback. Book Condition: new. BRAND NEW, Tennis Fundamentals, Carol Matsuzaki, Learning to play tennis has never been easier--or more fun--than with "Tennis Fundamentals." Recreational athletes will enjoy using this resource because they will learn by doing, spending less time reading and more time on the court. With explicit yet succinct instructions and accompanying photographs, this book makes it easy for students to get right into the game."Tennis Fundamentals" covers the essential skills of the game with chapters on grips, footwork, forehands, backhands, lobs, volleys, overhead smashes, drop shots, the serve, and return of serve. It also covers tactical approaches for both singles and doubles play, as well as scoring, equipment, and etiquette. It's the complete guide to being able to participate on the tennis court right away. Each chapter teaches a specific skill, leading the student through a simple, four-step sequence: -You Can Do It: The skill is introduced with sequential instructions and accompanying photographs.-More to Choose and Use: Variations and extensions of the primary skill are covered.-Take It to the Court: Readers learn how to apply the skill in competition.-Give It a Go: Several direct experiences--like drills and practice games--help speed the learning process and make practice more interesting and productive. Writer Carol Matsuzaki teaches beginning through advanced tennis classes at the Massachusetts Institute of Technology. She's also the head coach of the MIT women's team. In this book she combines her instructional and coaching abilities to get players up to speed and into the game quickly. Part of the Sports Fundamentals Series, "Tennis Fundamentals" teaches the basic skills and tactics to help readers participate in the sport quickly and have fun doing so.



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