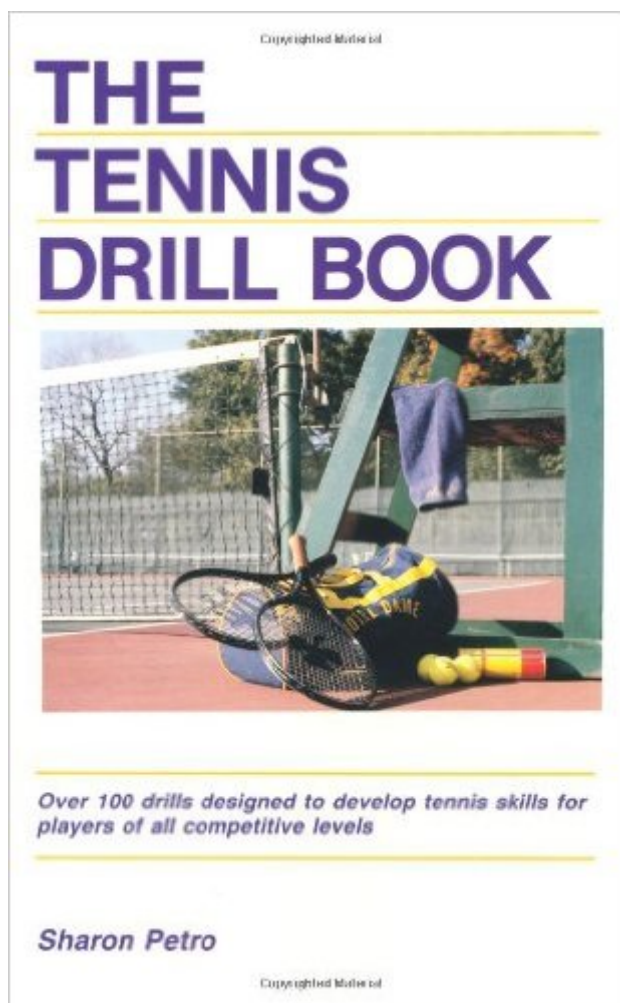


The book was found

The Tennis Drill Book (Tennis Drill Book, Paper)



Synopsis

Sharon Petro presents more than 100 easy-to-use drills for players of all skill levels. She includes suggestions for drill variations and offers tips on many tennis skills.

Book Information

Series: Tennis Drill Book, Paper (Book 1)

Paperback: 118 pages

Publisher: Human Kinetics Publishers (January 1985)

Language: English

ISBN-10: 0880112247

ISBN-13: 978-0880112246

Product Dimensions: 9 x 6 x 0.3 inches

Shipping Weight: 4.8 ounces

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (4 customer reviews)

Best Sellers Rank: #1,487,954 in Books (See Top 100 in Books) #84 inÂ Books > Sports &

Outdoors > Coaching > Tennis #465 inÂ Books > Sports & Outdoors > Individual Sports > Tennis

#566 inÂ Books > Sports & Outdoors > Racket Sports

Customer Reviews

I've been looking for a book that contains just tennis drills and nothing more, and I definitely found it with this book! It has 103 drills ranging from: groundstrokes, midcourt, volley, serve and return, lob and overhead, singles/doubles, and footwork and conditioning drills. It's a wonderful resource for a coach and teacher like myself. It includes a range of drills for 2 players to a group and for all levels, beginners to advanced. Most of the drills are fairly obvious (i.e. crosscourt rally drills, deep serve drills) and you don't really need 'instructions' on how to run them, but the wide range of different strokes and shots of tennis are included so it will definitely work out all aspects of your tennis game.

This is an excellent book on the subject. This is the second tennis drill book I have read, and this one is slightly better. The 100 drills are explained in the most efficient and concise way possible. In tennis, a picture is worth a thousand words. And, the author understands that perfectly well. Almost every single drill is clearly illustrated which greatly enhances your understanding of what that specific drill is about. The author covers all the tennis drill situations you would encounter, single, threesome, doubles, and groups. I am a former college player. I have played, watched, and studied tennis all my life. But, I probably knew only half of the drills mentioned in this book. In other words,

this book taught me a lot of skills I could focus on practicing on the tennis court to improve my game. In tennis, there is no finish line. You are never too good. But, this book will help you get as good as you can or want to get, and have a lot of fun doing it. I strongly recommend it.

Keep your game fresh and advance your skills with these drills and games designed to sharpen single aspects of your game. I never knew what the skills were that I lacked or how to get them until I read this book. Good for players and a must for coaches.

Great!

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