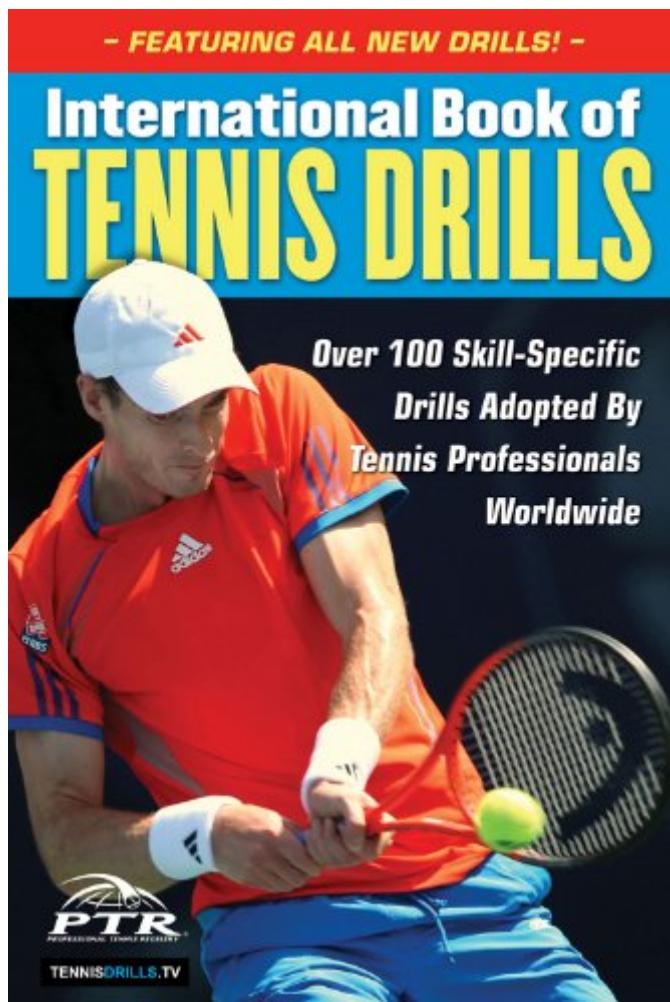


The book was found

International Book Of Tennis Drills: Over 100 Skill-Specific Drills Adopted By Tennis Professionals Worldwide



Synopsis

Filled with time-tested drills designed to improve every aspect of one's game, this updated edition is the ideal resource for any tennis player who wants to gain an edge on their competition. With more than 100 practice drills for both group and independent practice, readers will learn how to improve their serving, returning, groundstrokes, lobs, drop shots, approach shots, overheads, volleys, and much more. The singular, authoritative source for skill-enhancing drills, this guide is equally useful for beginning or advanced players of all ages.

Book Information

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Customer Reviews

This book covers some basic drills for the very young to competitive juniors to adult players. Each drill is kind of simple and straightforward. I was hoping for more in-depth explanation. This is more for starting professionals who teach tennis to make a living as a quick reference.

Excellent drills, great information, and easy to apply with students. I highly recommend this book to coaches who are looking to help their students in all types of situations from young to older more advanced students.

I understand that every time tennis in this country hit a low, many in the world of tennis panic. I guess with this latest offering from the USPTR hit the panic button as well.

OK needed more advanced drills to many for little kids other than that it was a little helpful I would recommend it to a beginner teacher

Great learning tool

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