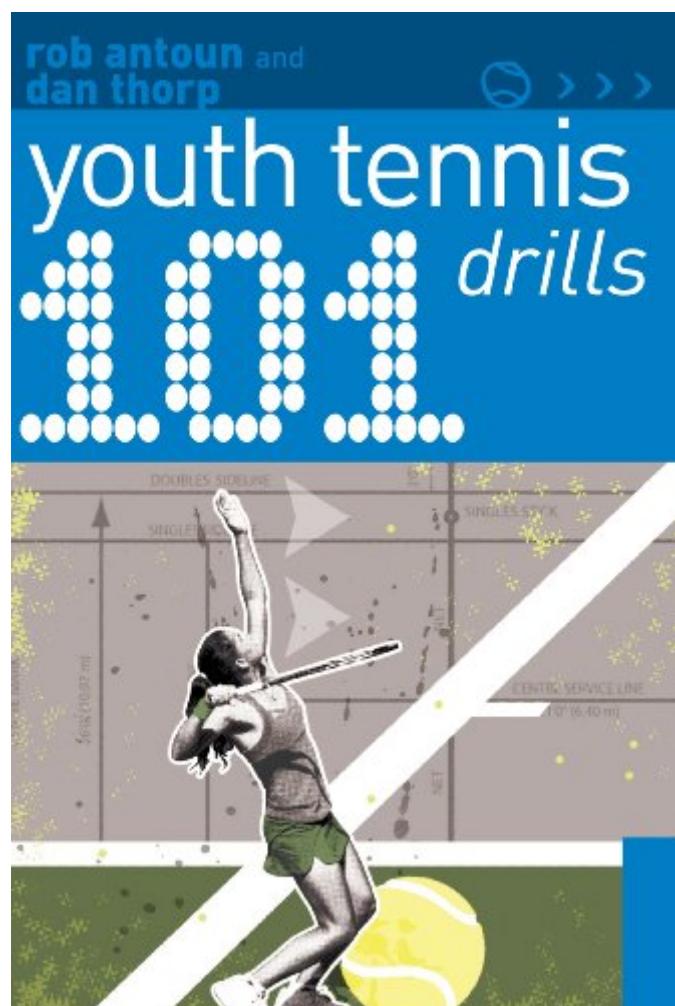


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# 101 Youth Tennis Drills (101 Drills)



## Synopsis

Designed specifically for young tennis players, this manual contains a wide range of progressive practice drills to help players develop. Fun, educational and challenging, all drills are illustrated and cover the essential technical skills, including: warming up baseline play net play serving/returning doubles play As well as easy-to-follow instructions, each drill contains information on the equipment needed, the space required, how to construct a safe and effective training session and how to organise the participants, especially when there are lots of players taking part.

## Book Information

File Size: 7489 KB

Print Length: 128 pages

Publisher: Bloomsbury Sport; 1 edition (August 30, 2013)

Publication Date: August 30, 2013

Sold by: Digital Services LLC

Language: English

ASIN: B00EEHFH44

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,125,803 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #112 in Books > Sports & Outdoors > Coaching > Tennis #224 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Racket Sports > Tennis #625 in Books > Sports & Outdoors > Individual Sports > Tennis

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